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SAVVY TIMES

Welcome to the Journey! Issue 6, January 2005

The Official Parelli Savvy Club Magazine

The Use and Mis-Use of Round Corrals

Meeting Smart Seven

The Pros and Cons of Saddling

Sometimes Learning Causes Fear



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Savvy Club members receive free admission by showing their passport at the door.
2005 Tickets: \$65; \$35 each for groups of 10 or more; \$100 at the door.

**To Be Confirmed*

SAVVY TIMES

The Official Parelli Savvy Club Magazine

Issue 6, January 2005

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*Photography by: Coco/Firefly Fotos
(except where noted)*

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On the Cover: Linda Parelli helps a student and her horse with the Yo-Yo Game during a Level 1 Course at the Pat Parelli Center in Florida.





A Greek philosopher penned, "Great ambition, without contribution, is without significance." Thinking about the significance of one's own life can be a pondersome task. Thinking about the significance of Pat Parelli's life is an easy task; Pat Parelli is one of those rare men whose accomplishments will surpass his own lifetime.

For several weeks now I've been proofreading and editing Pat's new book, published by *Western Horseman*. Essentially it's an autobiography of the first half-century of Pat's life, filled with compelling stories of his successes and not-so-successes, although those "not-so" stories always seem to lead to the proper path, don't they?

Pat wasn't born into a ranching family, nor did his parents know anything about horses. What he learned he learned through the seat of his pants, by being tenacious, by digging in with his heels, by putting his shoulder in the harness. He got hurt. He healed. He made mistakes. He found better ways. He was egotistical. He learned to listen to others.

Because Pat has shared his knowledge and wisdom with us and has given us a caring, natural way of being horsemen, it's as though Pat's story has also become our story. We may not make the mistakes he made; his generosity in sharing has prevented that. We may not get hurt as often as he did; the program he developed leads us to safety. But his story — his deep and rich love of horses — is our story, too. His life spills over into our lives.

One of my favorite chapters in the book is about Pat getting into a fight in the school cafeteria (how dare anyone mess with a cowboy's hat!). Well, there went Pat, fist d'cuffs a flyin'. And who do you think came to his rescue? His alliance of FFA members? Rodeo wannabe pals? Nope. It was a gang of Mexicans. So in order to stay on the 'good side' of the gang, Pat befriended them (which, in retrospect, may have prompted Pat's philosophy of 'always do the opposite'). This demeanor, of course, led to an invitation to join the gang!

Never one to let grass grow under his feet, Pat managed to swing their focus in another direction (needless to say, he didn't want to join the gang, but he still wanted them on his side of the fence). Creative fellow that he is, Pat invited the gang members to ride his bucking horse simulator (*that will certainly separate the grain from the chaff!*). Now, I don't know about you, dear reader, but the thought of putting gang members on a buckin' simulator would *never* have crossed my mind! However, true to form, Pat leveled the playing field that day, and he gained their respect.

One of my favorite parts of the book are the sidebars: "People's Perspectives on Pat." A number of people in the horse industry have written short pieces to accompany the text about Pat's life — people like David O'Connor, Craig Johnson, Dr. R. M. Miller, Jack Brainard, John Hawkins — to name just a few. Bob Duncan, head starter for all the racetracks in the state of New York, writes about watching

Pat and a renegade Thoroughbred stallion who wore a muzzle to keep him from savaging people (he had put a number of stable hands in the hospital). Bob's careful observations lend insight into who Pat Parelli is, and how he stands by his principles, regardless of the situation. These stories keep you on the edge of your seat.

Even though I've known Pat for some 22 years now, the book gave me an even greater appreciation of who this man is. In my humble opinion, Pat Parelli has become the statesman worldwide for understanding the real nature of horses. In this era of 'disconnect' from everything natural, Pat has given us an opportunity to experience a richness of our souls.

In the flow of time, when an opportunity is lost, it is lost forever. Go out and play with your horse — ride — every opportunity possible. Do it naturally. It will lead to bliss. 🐾

Kate



Round corrals are like a double-edged sword. A round corral can be a great place not only to teach horses, but also to teach people how to have savvy.

But the challenge has always been knowing how to have polite and passive persistence in the proper position. In the round corral, it's easy for the human to be out of position by only a few inches. And by being out of position, they're pushing buttons on the horse they don't even know exist. This is why we don't start with the round corral in our Level 1 program; it's a Level 2 and 3 concept.

The On-Line skills we give people on a 12' and a 22' rope teach them where to be, when to be, why to be, and what to do when they get there.

Where people often go wrong with the round corral is letting the horse go around and around and around in a circle until he either quits running and faces them, or using the round corral to exercise the excess energy out of the horse. What I try to get people to understand is that if you exercise only the body, the mind will go to pot. However, if you exercise the mind and emotions, the body will follow.

That's where the Seven Games come in. By playing the Seven Games with a horse, rather than just running him around in a circle, what happens is that the horse starts tuning in to the human. The secret is to use the round corral as a safety net so that the horse learns the principles of a classroom and how to interact with the human seven different ways.

Basically, by just running the horse around in a circle, it becomes merely a physical act of getting rid of energy. One of the analogies I like to use is that if you took a bottle of milk with about three inches of cream on top, and if you wanted just the milk, the first thing you would do would be to pour the cream on the ground (not even in a bowl so

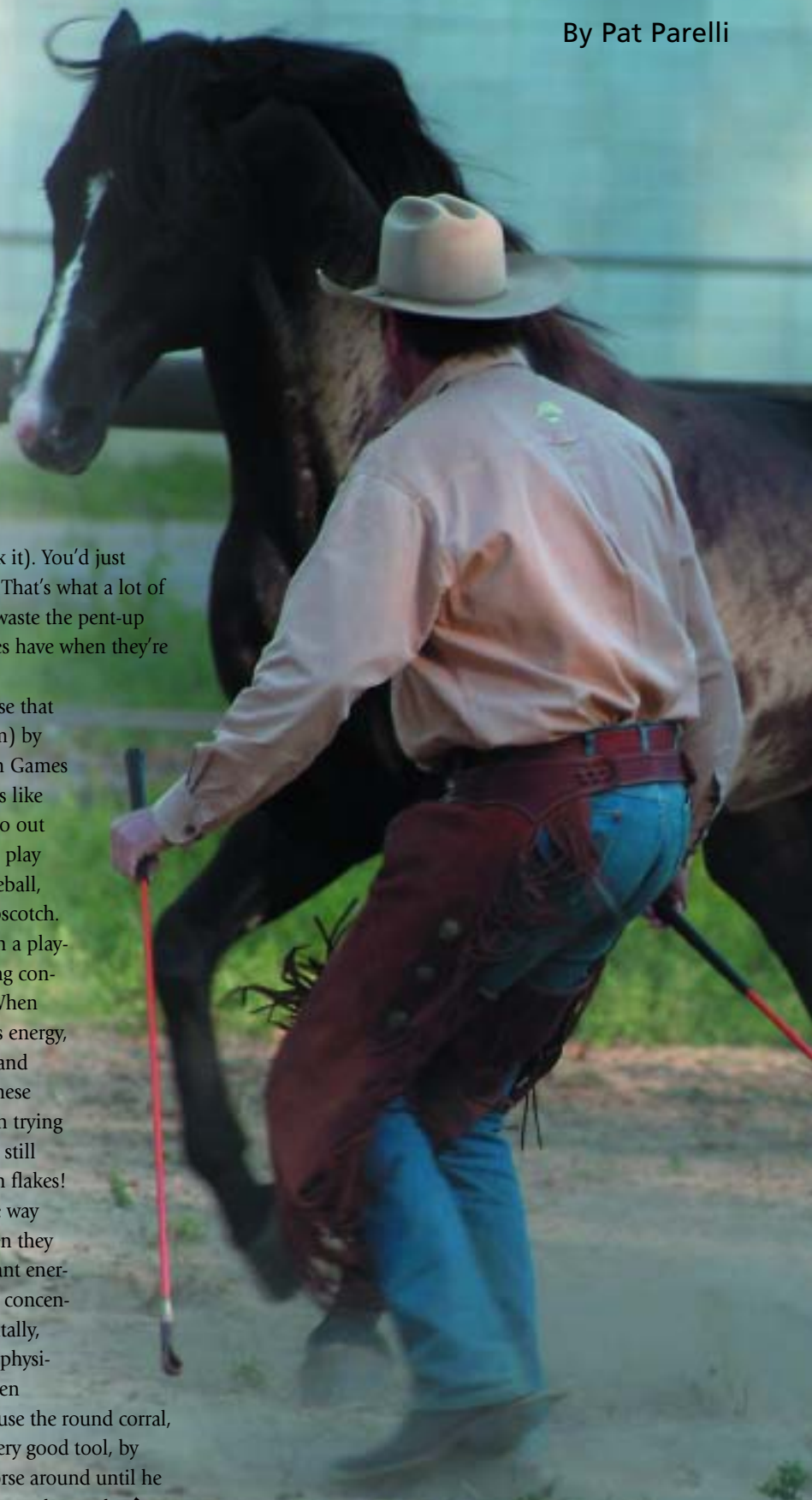
the cats can drink it). You'd just waste the cream. That's what a lot of people do; they waste the pent-up energy that horses have when they're ready to play.

I prefer to use that energy (the cream) by playing the Seven Games — which to me is like saying to a kid: go out and run ten laps, play basketball, dodgeball, volleyball or hopscotch. This gives kids on a playground something constructive to do. When they've got excess energy, take that energy and concentrate on these things rather than trying to get a kid to sit still who's full of corn flakes!

It's the same way with horses. When they have that exuberant energy, teach them to concentrate on you mentally, emotionally and physically. Use the Seven Games. Don't abuse the round corral, which can be a very good tool, by just running a horse around until he gives in or becomes exhausted. 🐾

The Use and Mis-Use of Round Corrals

By Pat Parelli



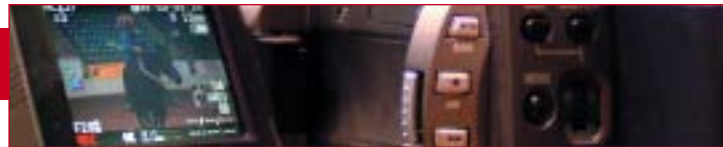
Behind the Scenes

Parelli Corporate Offices

December 2004

Have you ever wondered: What it's like to work for Parelli in the corporate offices? Where the people who take your calls are? You may have already had the chance to take a tour if you've been to Pagosa. For those of you who haven't been here before, take a minute to look around.

Right: Located in Pagosa Springs, Colorado we see our fair share of winter weather at the corporate offices.



Above: The customer service department. These are the helpful, friendly people who answer your phone calls.

Left: The holiday spirited shipping department, warehouse and purchasing. All of your orders are immediately processed and shipped from our offices.

Right: The break room. Employees are always looking for a reason to get together and share a meal whether it's to celebrate birthdays or just because.



Far Right: Marketing and tour planning. All print materials from ads to *Savvy Times* are created in-house.



Far Left: Office of the President. Note the mix of model cars and Parelli products.

Left: The accounting department.

Right: Editing suite. All Parelli DVD's and RFD-TV shows are edited in-house.



Far Right: The IT dept., and the heart of the office, our servers. These run all of Parelli's websites and internal systems.



UPPER LEVEL DRESSAGE COMPETITOR EMBRACES PARELLI

Last year (2003) I had the pleasure of meeting Linda and Pat at a "Success With Horses Tour" in California. I am an upper level dressage rider and wasn't sure how far I should go in my commitment to the Parelli program. Linda facilitated getting me in touch with Karen Rohlf (see interview, *Savvy Times*, July 2004) because our stories sounded the same. Karen and I kept in touch throughout the year, and as a result, she flew out in July 2004 and gave a clinic. We even had two Parelli certified instructors participate.

I am in the heart of the California dressage circuit and we did get some interest, with about 40 auditors. I rode my Grand Prix horse and a young up-and-coming horse, who by the way is one task from completing his official Level 2. The good news is that he has his Carrot Stick riding without a bridle going really well, and what's really neat, is that he's a stallion.

I am starting from scratch with him in Parelli, and to pull him out of dressage competition was a huge decision for me. Thanks to Karen and Linda, I am committed to completing Level 3 before returning to the (competition) circuit. I suppose I should say, "if I return." I am even entertaining thoughts on higher Parelli goals.

I am spreading the Parelli word to the dressage circuit and I am convinced this method will help many dressage horses start to enjoy their work.

— Melinda Suglio

NEVER FELT SAFER ON A HORSE...

The Savvy Club is a great way to stay motivated, especially for us backyard horse people, surrounded by "normal" people. I am in the early stages of Level 2, and ride trails in the natural hackamore. My horse has made a huge transformation recently, and I have never felt safer on a horse.

Once a stubborn, brace, runaway, my Tennessee Walking Horse is becoming a dream horse! He used to ignore me. He now comes running when he sees me hook up the trailer. We used to argue. Now we have conversations and compromise. This program has changed my life in such a profound way, that words don't even come close to describing it. I will

forever be grateful to Pat and Linda for sharing their knowledge.

I never preach to people. I just quietly do my own thing. But I am starting to see attitudes change here in Ohio.

Please tell the Parellis that they have touched our hearts here in the midwest.

— Erika Henry

THE DIFFERENCE BETWEEN "TRAINING" AND "BREAKING"

I would like to thank Pat and Linda for giving me the education to teach my horses the Natural Way. I have always felt that there was a better way than the "normal" way.

When I was going to college for my Equine Science degree, I had an instructor who always told us that there was a difference in "training" a horse and "breaking" a horse; the difference being that when you "break" a horse you break its spirit and you do not want to do that. However, he left it to us to try to find ways to train our horse. That was 17 years ago. Pat, where were you then?

I learned about the horse in college, but not much as to "why" or how to find a way other than "normal" to get the horse to do something when the horse was giving you trouble.

After watching Pat and Linda, I found out why a lot of the stuff I do works. Now, my daughter is playing with her horse while I play with mine. What great family fun! We can hardly wait for my husband to go with us to see what we have been doing with our horses!

— Holly Driscoll (L1)

P.S. Parelli is our anti-drug!

GOING COLD TURKEY WITH PARELLI

Even though I never owned my own horse, 30+ years ago I rode every day. A disabled husband, four active kids, and a full time teaching job left no time or money for me to continue.

Just over a year ago, my first horse, Hazelnut, came along. I did not go looking for a horse (especially one like her), or pick her out for myself: a 4 year-old, 1/2 Tennessee Walking Horse, 1/2 ?, rescued from "a really bad situation." She was brought home by a friend who already had several other rescues. It was, "If not me, who? If not now, when?"

Fortunately, I had been introduced to a 'support group' and moved Hazelnut to an all-nat-

ural barn. The owner is a Level 3 student and we have clinics with Marc Rea about twice a year. Still, after two clinics and playing with L1 and L2 on the ground almost every day for eight months, it was three steps forward, two steps back. She is very smart and sensitive, but an emotional "rodeo on a rope." I still have not ridden her.

I was getting discouraged with my lack of savvy and frustrated that I could not work on the riding skills. At 50+, it's like starting over! So, last March, I got Snickers, a little, 13-year-old, Quarter Horse/Arab mare.

Well, we went 'cold turkey' — we got rid of the saddle, bridle, martingale, and draw reins. Using the bareback pad and one rein, we walked for HOURS until I started to get my balance back, then trotted, and FINALLY cantered! WE JUST PASSED LEVEL 1!

I am so excited to move on to Level 2, especially the impulsion. As Pat Parelli says... "May the horse be with you!"

— Kathy Schmidt, Washington

FLAP YOUR ARMS! CHANGE DIRECTION!

I have been going through the new Level 1 with my old mare and I am up to "Leading with Savvy" section. I watched the DVD earlier in the week but I didn't think much would really apply to me. Even when using a "gunsel" halter and lead (pre-Parelli) she would just quietly follow me wherever I want. So my intent was to "skip" that part and go on...

Well, last night I was playing with my new weanling PMU filly (no Seven Games yet, just friendly and grooming). I thought I'd take her out of her muddy lot and walk around in the grass. First thing she does is walk right on top of me. After about 30 seconds of trying to "halter train" the normal way my brain went, "What are you doing!?" In my mind I saw Linda: "Flap your arms, change direction!"

I don't think it took three minutes and she was respecting my bubble. We walked around for probably 10 minutes. When I would stop, she would stop and stand quietly. I would scratch her for a few seconds and walk on. She was a completely different horse.

Geez, the results I got last night in ten minutes would have taken me WEEKS the way I used to do it. YIPPEE!

— Katy Venard and Little Maple



Patience has been an interesting journey. I considered myself a very patient person until it came to handling my Appaloosa gelding who had all the tricks in the book to outsmart me. I would regularly come inside the house crying, and tell my husband my horse hates me. He bites, won't move, bucks, pins his ears, or turns his butt. He just generally had me scared and intimidated. But I loved him and knew I could learn what to do. I was longing for a relationship of cooperation, trust and fun.

He was my second horse for learning the savvy system. I joined the Savvy Club and became a learn-aholic. Needless to say the information set light bulbs off regularly, and soon my frustrations turned into endless amounts of patience. Every week something I would see on RFD-TV or read in the *Savvy Times* magazine would help me try something new. I changed my attitude and my horse changed his. Now we are doing things much much better and all those bad behaviors have been transformed into respect, trust, willingness and cooperation. He looks at me differently and I him.

The Parelli system is awesome; it really is about the journey. If a problem starts, there is an answer and a method to fix it. Each horse is such an individual, as we are. Once we get better at the Seven Games, learn to ride in harmony, have an attitude of fairness, slow down, become a better leader, know our own short-comings, work on ourselves, and play with our horses — patience follows.

Keep it natural.

— **DEBI PETERSON**

Patience is one of the most valuable things I have learned from my horse and from the Parelli program.

To me, patience is being able to listen to and observe your horse, to learn from your horse. I've learned to listen and not to punish my horse when he shakes his head, bucks, acts differently, feels differently, looks unhappy. It's important to be able, as Linda says, to think of these things not as misbehaving, but as feedback. I now find myself constantly looking for feedback, for the tiniest feedback — the twitch of an ear or the look of the eye. Listening to these things

helps me find out when I need to be, where I need to be, and why I need to be.

This program has helped me learn to listen, which is something I didn't do before.

— **DEVIN CARNEY,**
14-YEARS-OLD, OKLAHOMA

The following is in response to a correspondence between Savvy Times editor and the author regarding a Parelli DVD.

Okay, Kate, I will try the DVD in a friend's machine and let you know. Funny you should thank me for my patience. I should be thanking you. Patience is something I have always struggled with... until this program came along. When I wanted something, it had to be RIGHT NOW. Or, if I couldn't solve a particular problem RIGHT NOW, I'd just get frustrated and give up. I always seemed to be in a "hurry," but not really getting anywhere! How interesting it is that this "horse training" program has "retrained" me. It is almost as if I have been "reprogrammed!" Here I am in Level 2, and I am a different person than when I began this journey.

I helped a friend trailer-load her horse last week. Two hours later, I was happy her horse would "squeeze" over the ramp and put two feet on it while I played the Friendly Game. Not once did I get mad or impatient. The day prior, he had been manhandled into the trailer with a chain over his nose and a lot of force from a lot of people. I found out later that he blew up once they got him in the trailer and almost killed two people. In fact, they were referring to him as a dangerous horse. By the way, I spent the first hour playing in the arena with this horse, and got through all Seven Games with him. It took me three months to accomplish this with my horse. So, yes, they know when you know!

It is such a wonderful program. Pat and Linda's words ring in my ears all the time: "take the time it takes... have a plan... walk with purpose... be positive and progressive." This is not just about training horses, it's about how to live your life. I am a better person and I have a happy horse. Life is good.

— **ERIKA HENRY**

P.S. You really can teach an old horse new tricks. I have a 20-year-old TWH who used to be as stubborn and impatient as me. He has

been ridden his whole life in a long-shanked curb with chain. I got him two years ago. You should see him gait in the hackamore! Ha! He's also barefoot. So there goes the big bit and heavy shoes theory!

This is a very long story, and my journey with having and not having patience has also been long. I guess more than anything I wanted people at Parelli to know my story because it shows patience isn't only about the day-to-day tasks; it is working toward that sometimes elusive goal with your horse. There are days you want to quit, but the horse and the program that you know works keep calling your name.

I am one of the instant gratification people: hurry, forget the details, just "point A to point B," the quickest way possible, please. But in the Parelli program I have found an appreciation in doing the details.

After a lifelong passion with horses, and a lifetime of resourcefulness in finding horses to ride, at age 34 I was finally shopping for my first horse (patience!). I fell in love with a 10-year-old half-Arab with no name. The guy dragged a tarp over his head and body, rode him bareback with a web halter doing figure eights in an open field at a canter, led him by his front and hind legs — a level-headed "bomb-proof" first horse. He was the first horse I looked at and I had to have him (not patient).

Over the next several months Nimbus regularly tried to kill me, rearing, running off, jiggling, head tossing, charging me into fences. What happened to that horse I met when I bought him? I cannot tell you the number of days I spent sobbing into his neck asking him why he hated me and didn't trust me. Didn't he know I have lived and breathed horses my entire life?

But I would not give up on him (patience). The guy at my boarding stable said he was a "man's horse" and needed a 2x4 across his head. Luckily there was someone at the barn who hooked me up with an instructor who helped me start to understand what impulsiveness is and how I had to keep his mind busy or he would get his own ideas. We were doing better, but I was only safe to ride in the ring. Amazingly, this horse was an

awesome trail horse — on his terms. He would push trees out of his way, go through water, over logs, up and down steep hills, tolerate dogs running around his legs all happily and willingly — most of the time. But there were days he jiggled the whole three-hour ride and open spaces were his undoing. I could see all the potential in this incredible, intelligent, affectionate horse but couldn't tap into it. I was going crazy! (Not patient.)

About nine months after I bought him he came in with a wink, watery eye. We had to be away for a weekend and the guy who runs the boarding stable didn't bother to medicate his eye as promised — which made it worse. We kept treating his eye without it getting better. I was sent to an eye specialist who was grumpy, didn't even get Nimbus out of the trailer and nearly kicked my butt out the door saying it was moonblindness and gave me a steroid to put in it. I told him I knew it wasn't moonblindness, and he just got more rude.

Long story-short: two trips to Ohio State later, they had to take his eye out after the cornea had ruptured. The eye doctor had given me a steroid which caused the fungus infection to grow more and after \$1,700 in medications his cornea ruptured and another \$1,300 later, on the one-year anniversary of buying my first horse, he was now half blind. More tears. Now what do I do? The best advice came from my vet: Don't treat him any differently; he can still do everything he did before. Just give him time to adjust.

The first thing I did was move my horse to a new barn with people who treated all their boarders' horses as if they were their own. Time goes by and I was stagnant, wasn't learning any more, bored and thirsting for a way to connect with Nimbus and tap all this potential I saw where everyone else just saw a crazy white horse.

I decided I needed to get involved with a training program, one of the "big name" people. I went to Equine Affair in Columbus, Ohio and watched all the trainers' demonstrations. I chose Parelli because I heard him saying things I have been telling people all along — that horses are prey animals, they are not dogs and won't jump in harm's way to defend you but will toss you off their back so they can run away faster.

I discovered I was doing a lot of things the

savvy way already, and had a solid set of good instincts with horses. Now with Parelli I had a step-by-step endless learning experience ahead of me. I came home with Level 1 in hand — ignoring the rolling eyes and snickers. The Seven Games: Friendly Game, no problem; everything else: problem. It took me TWO WEEKS to get the Circling Game (more tears, why do you hate me?) It took me almost a year to get through Level 1.

A couple of clinics helped loads — thank you Jeannie Brownlee! We were on track; a slow track, but a track nonetheless.

New problem. Last year Nimbus started trailer scrambling. So now I had a one-eyed horse who wouldn't travel. Great! There goes the reason I own a horse: trail riding. Next problem. Nimbus spooked, I fell off and dislocated my shoulder. Now I have fear. For the first time in my life with horses I have fear. True, down-to-the-bone fear.

My husband pleaded with me get rid of him. He was really fearing for my safety even though he has always supported my adventures with the horses. We were both scared but my question to him was, who would want a one-eyed, impulsive, trailer scrambler? So I do what all impatient people do, I buy another horse! A sane horse, a less impulsive horse. I adore him, he soars through the Level 1 tasks. It helps bury my fears — somewhat.

But there is Nimbus looking on, missing me working with him (he LOVES to work, very high play drive — he even knows how to fetch!). I buy a new trailer, a slant load and get Nimbus to travel again. We have our own place now, and my husband and I both work full time. Time, no time! But the challenge of Nimbus and working him through Level 2 is calling. I just know if I can work him up through the impulsion programs he will become the horse I have dreamed of him being for the six years I have owned him. I have a lot more savvy now; I understand getting his head together on the ground before I get on his back. I know to get off when he starts acting right brain. I have to fight for every inch with Nimbus; one day he is the perfect partner, the next he is a wild-eyed right-brained basket case. I love him and cannot seem to give up on him. We will get through Level 2. It may take a lot of time — my other horse will probably be through

Human Fitness: Volleyball by Pat Parelli



AT THE PAT PARELLI CENTERS, we play not just volleyball, but we play volleyball by the Pat Parelli rules! The way you play volleyball by Pat Parelli rules is that there are no rules. You can hit or kick the ball, as long as you keep it moving — that's the goal.

If you keep things moving (the ball among them), your peripheral vision gets honed. As the ball comes your way and your hands come up to block it, another ball (or two!) may be in play at the same time and you may have to think quick and make fast decisions.

It's not about winning or losing; it's about getting your reflexes in tune. What happens to most people after the age of 25 is that they quit playing sports on a regular basis. We quit challenging ourselves with all kinds of daring and interesting things. The next thing you know, we become couch potatoes. It's pretty hard to turn these people back into instinctual horsemen.

What I try to do is give people skills that they can learn from extracurricular activities, such as volleyball, Parelli-style, so that they can learn how to move their feet, hands, heads — ducking, dodging, getting out of the way. That's the whole idea.

On top of that, it's a lot of fun and gets everyone's positive and progressive spirit "up in the air." 🐾

Level 3 way before Nimbus is half through Level 2. But in the end we will both be better for it, me much much more savvy and him a more confident partner who can go back to the trails. We will do it... it will just take patience, from both of us.

A couple of benchmarks I hold close during the tough times where patience has paid off:

- It used to take two hours to load him in the trailer, I now can sit on the bumper and point him in.
- If he got right-brained, he used to STAY right-brained for the remainder of a ride, now he shifts to left in minutes.
- It took me a year after my shoulder injury to canter on him again. I waited until we were both ready with prior and proper preparation. The day we did it and stayed in left-brain mode, I felt like I grew wings!

If it wasn't for Nimbus I wouldn't have found Parelli's program. I walk like I have this great secret that I cannot wait for all horse people to discover. I share often and loud and still ignore the rolling eyes and snickers. And oh yes — my husband is asking for me to help him with the Seven Games with his new horse! That is HUGE!

— **CAROLYN KNAPP & NIMBUS,**
PARTNERS IN TIME

Patience, 30 years of it and I need more! As a kid I lived for horses and boys and spent a lot of time with both. The time I spent with boys worried my mom; she had no problem with the time I spent with horses.

The strange thing is that she encouraged me to find a good partner in the boy department and forbade me to find a career with horses! She said that the professional horse world was not a healthy place for a girl. Against my instincts, I respected my mother's wishes and married a good man and deprived my soul's need of being with horses.

Now, 30 years later, I am long-since divorced, have taken a lot of different income-earning roads and finally, last September, once again have horses in my life — two beautiful young Canadian horses that I chose from a group of 40-odd geldings. One by one they were moved at liberty in front of me and my brain scrambled while evaluating their conformation and trying to catch a wisp of their character. A heady task, considering that these boys were 2-1/2 to 3-1/2 years old and had lived to that point free of direct human contact. No matter; I'd been waiting 30 years and finally I was starting the process of bringing horses back into my life.

At this writing it has been almost a year since Katiopé and Lucky Lou, the two young Canadian horses, have been part of my life.

My mother is also once again part of my life. She has Alzheimer's disease and I am the only one of two children who is willing to give her a home.

What does any of this have to do with horses and patience? Despite getting all the in-home care for my mother that we can manage, her care is taking a great toll on the time I have for the horses.

Last summer my spouse came home with a magazine that had an article on the Parelli system, specifically the Yo-Yo Game. I related strongly with what the article said about the Parelli method. This was language I could understand, this was a way with horses I could relate to. All those yahoos who say non-human animals have no soul, aren't intelligent and function solely on instinct, have been on my list of ignorants since my memory has had a memory.

I have spent a lot of time around horses but I'd never done any serious training and since I wanted young untrained horses so as to avoid getting someone else's problems I need to do a lot of learning.

The Parelli article I read led to signing up for a Level one course and a fast read of Pat's book. I participated in the clinic with a rented horse who was accomplished at Level 1. At the end of the four-day clinic I still didn't know by heart the Seven Games, but I had



Seven-year-old Christina Gualtieri of Red Oak, Texas thought that if Pat had his 45 P's then Linda needed her own L's.

Lovely Linda's lucid lessons in Love, Language and Leadership lift the love of learning and the lust for life in liberal latitudes and longitudes.

Listen, the lies that the leagues of loco losers would lead you to, lack largely in legitimacy!

Linda's lenient levels lessen the liability and launch the learner in a lasting liberation. In the lecture, Linda the Leader, lends the lesson levity, legend and lore.

The logic that Linda labors to laud is that love and leadership are the language of learning, leaving you the license to life, liberty and lightness.



Christina & Angel

spent four full consecutive days breathing in horses and touching horses, thereby filling my soul. That was almost a year ago.

Since then, my spouse and I are at a point of exhaustion trying to keep our business afloat while taking care of Mom, buying a farm down the road where we are ourselves building a house for four elderly people and one live-in employee. This house will serve as a farm house for rural elderly. I keep telling myself to be patient, we will get through this and then I will have enough energy to be with the horses more.

Patience. Maybe I am confusing patience with belief. I never gave up on my belief that I would one day again be with horses.

However, my patience is being taxed to the point where I am in a quasi-constant state of anger. Not great when eight hoofs badly need trimming and we seem to be going backward instead of forward with the foot lifting exercises. How can those two young geldings feel secure around me when I am so tired by the time I get to them, that patience is nothing but a concept?

This Saturday morning after another yesterday of questioning if we are going to make it through this, I promised myself that I would do only two things today: one, to rest and two, to take the time to search the Savvy Club stuff on the internet for solutions to the feet handling issues.

It has been over three weeks that I have been telling Louis, my spouse, that we are doing something wrong with the horses. This morning my instincts were proven right; we are asking too much too hard. This time patience served me wrong; I was too patient in persisting in a wrong way. I needed to be quicker in seeking help, quicker in following my instincts. Quicker in using the support and information I found this morning on the Parelli site.

Patience? When do we use it, when do we refuse it? Right now, I don't know. I do know that mine is being taxed to limits beyond what I thought I had in me. Please give me the strength to finish the farm home, giving Mom and a few others a good place to finish their lives, and me the freedom to end mine with horses.

— JOSE SCHELL, QUÉBEC, CANADA

Readers Write About "Hands"

Editor's Note: Regretfully, we omitted the following submissions from the last issue.

It wasn't too long after purchasing my first horse eight years ago that I knew my good horse had a problem rider. I didn't know what my problem was, but I knew that my poor riding skills were causing my sensitive Quarter Horse to become an explosive nervous wreck. As is normal, I spent several hundreds of dollars on riding lessons for a couple of years, becoming at the time what I thought was a better rider although my mare was still volatile and I was not having much fun riding her.

I have been a horse owner for eight years now, but it has only been since I began following the Parelli program a year ago that I feel that I am now becoming a good rider. I had several major problems to overcome, one being the need to get my hands out of my horse's mouth. Prior to Parelli, I did everything with my hands, including leading my horse tightly by the reins, bracing for balance, pulling to stop, pulling to turn, pulling to correct any inappropriate behavior, and pulling to "help" my horse find her way along the trail. In fact, "pulling" might be an understatement; death grip might be more like it.

After a year in the Parelli program, I am now near the end of Stage 2 in Level 2. The other day I attempted my first cantering passenger lesson. I had never enjoyed the canter and wasn't looking forward to it. When I began, the first two things I did were to lean forward to grab tightly a hold of the reins and to grip with my knees. Bells went off in my head. Thanks to both the Savvy Club information and the RFD television programs, I knew instantly what I was doing wrong. I couldn't believe it. I was so relieved. I knew what was wrong and I knew how to fix it. It will take some time to work up to a pretty passenger lesson at the canter but I am set up for success.

I love communicating with my horse with my eyes, bellybutton, and knees. I'm still a little quick to use my hands sometimes, but when I make this mistake an alarm blares because I know better. Ignorance is no longer an excuse for poor horse(wo)manship.

I don't who is more grateful for Parelli, me or my horse. Either way, both of us give this wonderful program a big hand.

— BECKY MCGUYER

Hands are the start of everything we do. Reach out a hand to help someone. Reach out a hand for help. Fold your hands in thanksgiving or in need. Touch a cheek in love, joy or comfort. Touch a heart and then that extends to your eyes and the person's soul — or the horse, mule or other animals' minds. With your hands you start the basis for trust or distrust. A caress or a crack, with your hand, can make a big difference in any situation. Hands and gentleness should always go together whether you are a lumber jack, nurse, cowboy, trainer, teacher, student or whatever God has called you to do with your life.

We have raised horses and mules for several years. There are too many experiences, good and bad, to just write about one. We learn more from each new group of foals. Everything we do with them starts with our hands. Our hands are extensions of God's hands and we need to be as loving and kind as He is. We need to also remember to guide with strength and wisdom as He does. The Parelli program is one of the more helpful programs we have found.

— VICKIE BROWN, INDIANA

Each issue of Savvy Times features a particular subject to which our readers can respond. The deadline following each topic is when your submission must be received in order to be published.

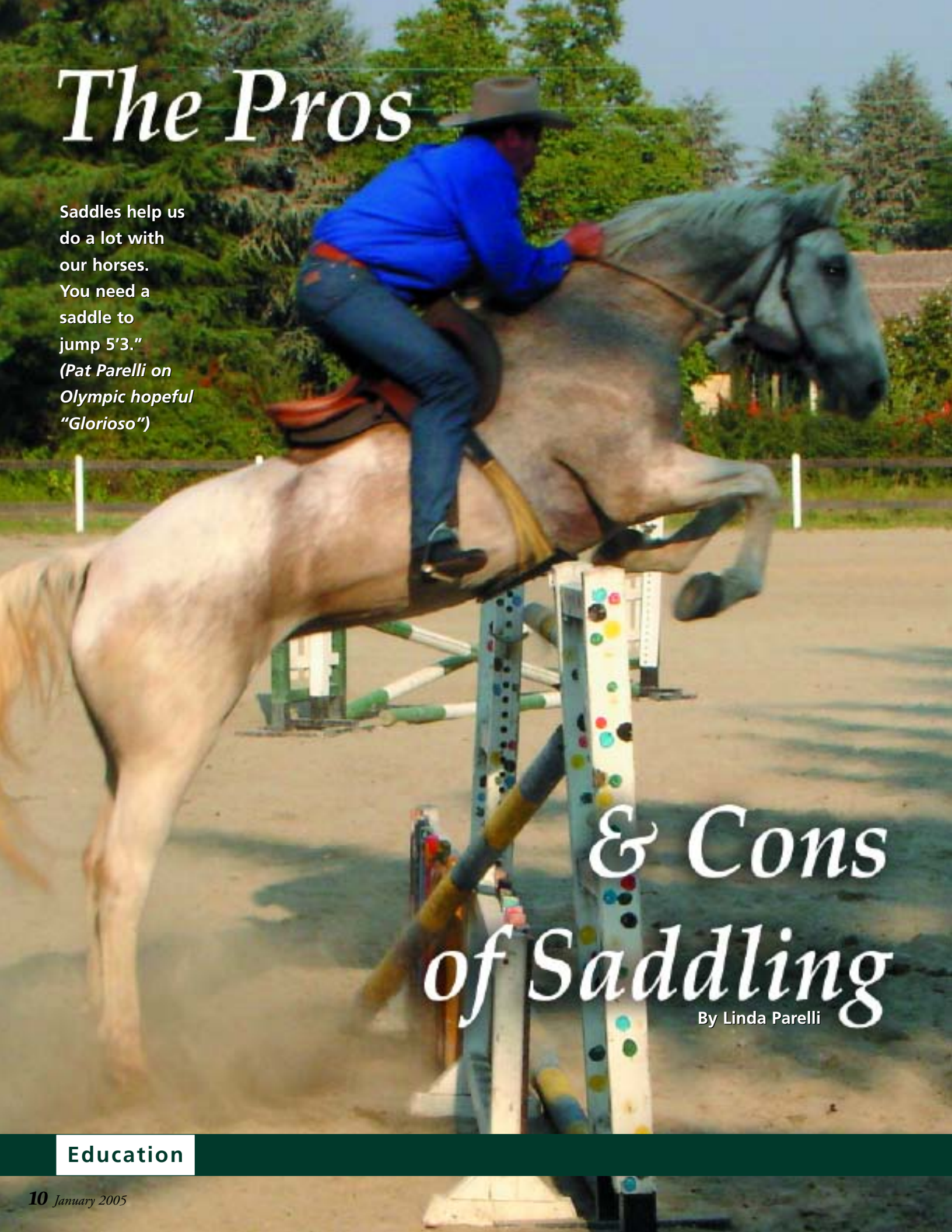
April Issue: Attitude Feb 15

July Issue: Knowledge May 16

October Issue: Tools Nov 15

Please send your submissions via e-mail to: savvyclub@parelli.com or via U.S. Postal Service to: Savvy Times, c/o Parelli, PO Box 3729, Pagosa Springs, Colorado, 81147. Thanks!

The Pros

A full-page photograph of a rider in a blue shirt and jeans, wearing a cowboy hat, jumping a grey horse over a colorful obstacle. The horse is in mid-air, clearing the jump. The background shows a dirt arena and some trees.

Saddles help us
do a lot with
our horses.
You need a
saddle to
jump 5'3."
(Pat Parelli on
Olympic hopeful
"Glorioso")

& Cons of Saddling

By Linda Parelli

Education

10 January 2005

As more of our students discover the joy of riding bareback, many of them start to hate riding in a saddle! “My horse is better bareback... I ride better... can I do my Levels without a saddle?”

When horses seem happier being ridden bareback and riders ride better without a saddle, something's not right!

Here's what I've discovered...

Most saddles are not designed to help riders ride naturally, and most saddles are not designed to help horses use their backs.

I want to share what I've learned over the years about saddles that has led to a lot of changes. Naturally, it's important to look at the issues of saddling from both the human's and the horse's points of view. I'll address problems and then give you some solutions to think about.

YOUR SEAT

Where the rider is concerned, being able to sit in a deep, balanced and connected way is everything. I've identified and named a spot called the “Balance Point” which is somewhere between the seat bones and the tailbone. If a rider is sitting up straight, is on his or her crotch and can feel their seat bones — this is NOT the spot.

But if from that position they roll backward toward their tail so they are sitting on their flesh (buns!), then that's more like it! It's the opposite of what riders are usually taught. When the rider finds their Balance Point, both the horse and the rider make amazing changes. For the rider alone, back and knee pain when riding can disappear immediately.

When riding on the seat bones, the spine is forced to curve inward in the lumbar region. Then because shock absorption is impaired, the rider tenses the lower back muscles, which can begin to ache because of the constant contraction from bracing.

When positioned on the Balance Point, the top of the pelvis is tipped backward, the tailbone (coccyx) curls under the body and the spine can flex outward like a spring. In this position the spine is stronger and more elastic, is unaffected by shock, and the lower back muscles can contract and release as needed.



Sitting on seatbones = hollow back & poor shock absorption

Sitting on Balance Point = straight back & good shock absorption

In my Fluidity teachings, I have a saying: “Whatever you want the horse to do in his body, you have to do in yours.” This means if your back is hollow and tense, it will cause the horse to be hollow and tense. If your lower back can round up and be springy, you'll enable it in your horse. Unfortunately, many riders and horses are forced to have hollow and tense backs because of the saddle.

FREEDOM TO MOVE

The act of riding demands a certain amount of movement in the pelvis and spine, which is easy when riding bareback. Some saddles, however, are very restrictive of the rider's pelvis. Their rigid structure demands that the rider sit on their seat bones instead of their flesh and can actually make accessing the Balance Point very difficult, if not impossible. You can better understand this by looking at the shape of the saddle's seat and noting where the deepest point is when on the horse. Most of the time that point lies toward the middle of the seat, when it really needs to be toward the back. Your weight will gravitate to the lowest point of the saddle, so if it's toward the middle, you're in trouble because it will force your pelvis upright, hollow your back, put your weight in the stirrups and prevent you from having a deep and fluid seat.

Some Western saddles have artificially built-up seats that ensure the rider's weight is placed more at the back of the saddle. This is better than having the deepest part of the seat in the middle. However, these built-up seats can also be restrictive in other ways. Any time the rider is limited in their pelvic area it affects their ability to ride with fluidity, which in turn affects the horse.



English A has the deepest point in the middle



English B has the deepest point towards the back



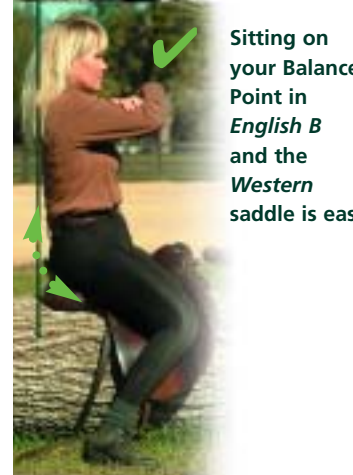
Western has the deepest point towards the back



English A tilts you onto your seat bones



Even trying to get on your Balance Point in English A is very difficult



Sitting on your Balance Point in English B and the Western saddle is easy

THE BODY CAN TALK

How do you know you're not accessing your balance point? Your body will tell you: Aching lower back, sore knees, sore shoulders, stiffness after riding, over-developed muscles in the front of your neck, arms, and lower back especially. Interestingly, your horse will often display the same problems and have difficulty coming off the forehand, engaging his hindquarters and possibly have issues with cantering, vertical flexion, flying changes, rounding his back, etc.



LISTEN TO HIS BODY: when muscles are undeveloped your horse will often have difficulty coming off the forehand, engaging his hindquarters and possibly have issues with cantering, vertical flexion, flying changes, rounding his back, etc.

THE EFFECT ON THE HORSE

A saddle can either aid or restrict the horse's ability to use his back. Most saddles are much too narrow through the gullet, thereby putting pressure too close to the spine, squeezing the horse on or behind the shoulder blades (scapula). A wider gullet will spread the rider's weight out onto the rib cage and in this way give freedom to the horse's spine and its ligaments.

When a horse cannot use his whole body to move, especially with a rider on his back, contortions are inevitable because the horse is trying to protect himself. Some horses are quite tolerant and put up with the difficulty as best they can, but with reduced performance. Others are visibly unhappy and will simply buck you off or try to run away from the difficulty!

GOOD GULLET, BAD GULLET

In my research I've observed that English styles of saddles exert more pressure on the muscle around the withers and spine because most of them are narrow in the gullet. Pressing into the muscle stops the muscle from moving properly. As a result, the muscle shrinks or atrophies.

Interestingly, Western saddles appear not to damage the muscle of the horse's back as much because they are usually much wider.

GOOD POSITION, BAD POSITION

Saddles that are placed too far forward interfere with the horse's ability to move his shoulders; they block the scapula (shoulder blade). When this happens the horse will roll his scapula forward to avoid the pressure. This shortens the stride and stiffens the back, making for a less-than-comfortable ride. And if you're uncomfortable, imagine what the horse is feeling! White hairs and dry patches are telltale signs of pressure and you'll be interested to note that they are usually where the scapula slams into the saddle as it moves back and forth.



WHITE SPOTS: White hairs and dry patches are telltale signs of isolated pressure. They are usually located where the scapula slams into the saddle as it moves back and forth. Here the range of motion of the scapula has been marked.

English saddles are supposed to allow horses to flex their backs right and left, up and down, in pursuits demanding high levels of engagement such as dressage and jumping. However, many do not really allow the horse to do that. The bars are short enough to not block the body's lateral flexions, but because they drive pressure into the muscle, the horse usually can't arch his back properly.

Western saddles have a wider gullet, which should allow the back to move and swing more. However, if the bars are long or "rockered" too much (to mold to a hollowed back), they will prevent the horse from using his whole body when moving. That's why some muscles become overdeveloped while others are underdeveloped.

Western saddles were originally designed to ride in all day, to be comfortable and functional for the working cowboy and to distribute his weight over a larger area of the horse's back. When mostly walking and doing long distance trots on a loose rein, the horse carries itself in an elongated posture and does not need to move its back a great deal, so the working stock saddle did the job.

These days, however, most Western riders are not working

cowboys and want to do more athletic movements and sports oriented maneuvers like reining, cutting, Western dressage, natural horsemanship. As soon as you ask a horse to round up his back, the shortcomings in a saddle show up quickly.

Another positive feature of those working saddles is that they



Wide English



Narrow English



Wide Western



English A: short bars

English B: longer bars

Western: Even longer bars

The longer the bars, the better the weight distribution (but lateral flexion is compromised).

position the rider more toward the horse's hindquarters which takes the stress off the front legs. Modern saddles tend to place the rider too far forward, thus weighting the front end too much.

English saddles, by comparison, were not designed to ride in all day and will create problems for the horse because the rider's weight is not widely distributed enough, thereby focusing pressure over a smaller zone. It's a little extreme, but imagine someone stepping on your foot wearing army boots as compared to high heels — there's a big difference in the psi (pounds per square inch). In addition, English saddles often place the rider up close to the horse's shoulders, weighting the front end and making engagement difficult. Next time you see someone riding, examine how much horse is in front of the rider compared to behind them! You'll see how the weight of the rider can really interfere with the horse's ability to lift his front end.

Good saddles help horses push their backs up to be stronger and to distribute the rider's weight. From a rider's point of view, saddles offer a level of comfort and security. Stirrups enable us to do more with our horses – higher levels of collection, jump great heights, ride hundreds of miles, slides and spins and perform amazing cutting maneuvers. A lot of that would be very difficult bareback!

A HORSE IN MOTION IS A DIFFERENT SHAPE

First, it's important to understand how a horse needs to use his body. From there you need to know how the saddle should be shaped and positioned so it doesn't interfere with the horse's potential when moving and allows him to use his whole body. A restrictive saddle will change a horse, so imagine how the situation is accentuated when the rider adds their weight.

Many saddles are "fitted" with the horse at rest. His muscles are relaxed, his back is down and his weight is on the front end. As soon as the horse starts moving, this posture changes and should be allowed to change or the horse will adopt a defensive posture.

1. Where the power is: When moving athletically and free, a horse will naturally transfer his weight to his hindquarters because this is

where the power is. There is a great mass of muscle in the hindquarters and a huge "spring." This spring is made up of the bones and joints of the pelvis, hip joint, stifle, hock and fetlock. Compare this to the front legs of the horse where the main springs available to the horse are in the fetlock. The shoulder and elbow joints are limited when under load.

When riding the horse we have to do everything possible to enable him to carry his weight on the hindquarters.

2. Shoulder freedom:

Investigate the range of movement required in the horse's scapula or shoulder blade. Find the back of the scapula when the horse is standing at rest, then lift the horse's knee up and notice how far back the scapula moves. If the saddle interferes with this range of movement, the horse will shift his shoulders forward. This shortens the stride and puts the weight on the forehand. To put the weight on his hindquarters, the horse has to be able to lift his shoulders up and back.

3. Allowing for movement:

Gauge the shape of your horse's back at the 2nd scapula position. This is done easily with a flexi-curve (available at office supply stores) and is also possible with a wire coat hanger. Now compare this shape with the front of your saddle. In most cases the saddle is clearly much too narrow for the horse. Remember that as soon as the horse moves, things change. The dimensions of the horse will increase so the saddle needs to be even wider. In my Fluidity Courses we measure a slender horse and then compare that measurement

When a horse is restricted by the saddle he will let you know. Sometimes it's very direct:

- ears back
- swishing tail
- hollow back
- unwilling to go forward
- short and choppy strides
- won't canter or bucks going into the canter or can't sustain the canter
- heavy on the forehand
- difficult to "collect"
- behind the vertical, breaks at the third vertebra
- impulsive, stiff and rushing gaits

Other times it's indirect but easy to identify by the shape and feel of their body, especially once you know what to look for.

Things like...

- muscle atrophy behind the scapula
- rotated scapula (like round shoulders on a human)
- dry spots near or on the shoulders after riding



- downhill horse, looks like it has short front legs
- poorly muscled back, long back, sore back (especially the lower back)
- irregular muscle development
- poor top line
- overdeveloped underline (under the neck, chest, belly)
- sore joints
- locking stifle
- damaged joint cartilage
- mysterious and persistent front end lameness



Measure the shape of your horse's back at the 2nd scapula position using a flexi curve or wire coat hanger. Compare the shape to your saddle.

to 20 to 30 saddles. We are lucky if two or three saddles will accommodate that horse's needs. They are usually Western saddles or uniquely wide English saddles like the Balance Saddle I ride in.

4. Feel it yourself: When a horse can lift his back, he can bring his hindquarters more underneath himself. To get an appreciation of this, get on all fours and crawl around. As you do, experiment with hollowing your back (point your tail bone to the sky) and rounding your back (point your tail bone to the ground). The effects it will have on your comfort and ability to move are profound. When your back is up, you can use your whole body to move. When it's hollow, you'll find yourself overusing certain muscles and joints and it will be revealing to note where you feel discomfort or even pain.

UH OH, DECISION TIME!

Now that we know what a horse is going to need, the next thing to address is your own saddle.

We've established that most saddles are positioned too far forward and are too narrow and / or restrictive on the back, and are too small or restrictive for the rider. If yours is one of these there are two options:

1. Sell your saddle and get one that will be better for you and your horse, or

2. Improve your saddle fit with a special pad and shims, and then buy the ideal saddle later on if you can!

Of course it would be nice to not have to sell your saddle and buy another one, but in some cases there is only so much you can do. With the help of this article you'll know if your saddle can be helped enough, especially once you read the next section on pads and shims.

BECAUSE SADDLES SHOULDN'T FIT PERFECTLY, THEY NEED AN INTERFACE

Saddles are static. Horses are dynamic, which means they move and change shape as they move. We've already established that the saddle should be wider than the horse, and in addition, the horse's ability to move needs to be promoted when under saddle.

Think about this for a moment. If you were a horse, you would want your rider to move fluidly with you rather than stiffly or against you. Sometimes riding feels easier bareback because there is nothing interfering with the energy flowing between horse and rider, and a saddle can interfere terribly if it restricts either the horse or the rider.

So good saddle design is one thing, but a good saddle pad is essential. It can take a problematic saddle and improve the way it feels to a horse. With the right pad I've seen aggravated, tense and impulsive horses settle within seconds; unwilling horses offer to go and keep going; horses that bucked or ran off at the canter settle quickly into a sweeter, smoother gait.

GOOD PAD, BAD PAD

Many of us have piled on the pads, thinking they offer more protection, when in fact they start to act like putting too many socks inside your shoes. They increase pressure and also place you too high above the horse's back... and horses still get sore backs! Let's remember that the sore back is often more from strain than it is from impact.

Over the years we've tried and used hundreds of pads. In 2001 Pat and I were invited to be part of testing a new pad in the making. The goal of the pad was to be the ideal interface between the horse's back and the static saddle. The most interesting part of the pad was the use of an air and foam 'mattress' technology that is widely known in the camping and medical field as ThermoRest. With just a thin layer, it is capable of evening-out pressure points and creating an extraordinary surface for sleeping or sitting on. The ThermoRest tech-



Round back brings hind legs under the body

Rounded back maximizes hind leg spring

Hollow back limits hind leg flexion and ability to come under the body

Hollow back tends to place hind legs out behind

CRAWL AROUND: When your horse can lift his back he can bring his hindquarters more underneath himself. Put yourself in his shoes: hollow your back, round your back, try hunching your shoulders forward. When your back is up you can use your whole body to move. When it's hollow, you'll find yourself overusing certain muscles and joints.

WHAT A RIDER NEEDS

A rider needs a saddle that...

- Allows the rider to sit on their Balance Point and use their whole body when riding.
- Has an open seat and does not restrict or trap the rider's position.
- Allows full use of the legs. If the stirrup position causes the leg to sit too far forward it will promote pushing the heels down there by increasing weight in the stirrups and stiffening of joints. It also prevents the rider from using their upper body to find harmony with the horse's energy. The further back the thigh is positioned, the straighter the legs become, the more it will push the rider onto their crotch, restrict joints and stiffen the back.

The more the saddle is designed to make you ride in a very specific way, the worse it will affect your horse because it interferes with your fluidity.

The saddle you use for every day riding and training should be fairly non-specific where rider position is concerned, for example General Purpose English saddles, Reining, Cutting and Trail Riding saddles.

You may only need a more specific saddle if you want to jump high, rope or cut or compete... and then it's important to be sure it will still do the right thing for both you and the horse.

inventor, to help me with the design of shims that would lift the front of the saddle away from the scapula and move the deepest part of the seat back. TheraShims were born.

The results were instantaneous and stunning. Horses sighed with relief and dramatically improved their way of moving. Riders felt the difference too, especially when it also meant they could now access their Balance Point almost without trying.

TO SHIM OR NOT TO SHIM...

To shim or not, and how many shims, depends on the individual horse and the saddle more than anything else. For example, shims would be essential if the horse is...

nology is what is inside this revolutionary saddle pad called TheraFlex.



The TheraFlex pad allows the rider to feel close to the horse and enables the horse's muscles to move despite the static saddle. Because it stops the saddle from jarring, the rider is able to feel the horse more, and greater fluidity can be achieved.

After using the pad for two years and helping many students with them, my new research around the Balance Point effect led me to examine the problems with many of the saddles people were riding in. I discovered that more had to be done to lift the front end of the saddle.

I felt that shims were the answer, so I called on Alan Brownlie, the pad's

- downhill
- atrophied
- rotated in the scapula
- wears a wide-gullet saddle or one that's too narrow
- needs to become more 'uphill'

After helping hundreds of horses have a better experience with their saddle, I have found only one that did not need a shim... yet. That horse was sway backed and probably best not ridden!

TheraShims come in two thicknesses: thick and thin. So far, I've found that most horses need two to three shims because of being downhill in posture or having saddles that are much too narrow for them.

It's relatively easy to tell how much shimming you're going to need. Have someone help you lift the front of the saddle when it's on the horse (no pad) and keep lifting it until the deepest point of the saddle is at the back of the seat. (In the case of an artificially built-up seat, the bars of the saddle tree need to come level with the ground.)

Estimate how big the space is between the horse's 2nd scapula mark and the underside of the

Saddle looks level (a) but should be moved back four inches (b) for scapula clearance. Although when moved back (c) it becomes downhill. The answer is to add shims.

WHAT A HORSE NEEDS

A horse needs a saddle system that...

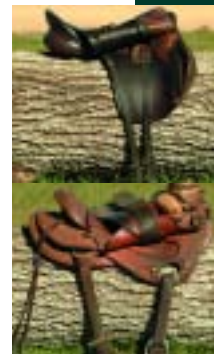
- Is wide through the gullet, allowing full use of his back muscles. The saddle should be wider than the horse.
- Is designed to sit behind the scapula without tipping down and increasing the weight at the front of the saddle.



- Is not too long in the bars so as to restrict lateral flexion through the body.
- Distributes the rider's weight over the horse's ribcage, reducing pressure (psi) and making it easier to carry the weight.

- Cinches or girths are positioned in a V-shape that secures the front and the back of the saddle, thus preventing too much pressure behind the shoulders.
- Allows him to lift his front end and his withers.
- Allows the rider to use

their Balance Point, making it possible for the horse to round his back and bring his hind legs under his body so he can use his whole body to move.





The TheraShims fit neatly into the front pockets of the pad, over the top of the air cells. In a sense they become part of the saddle and the air cell continues to interface between horse and saddle.

saddle where it would contact the horse. Then stack the shims on top of each other until it basically equates to the same measurement.

Next, subtract one thick shim which represents the front of the Theraflex pad. The shims that are left will tell you how many need to be inserted into the pad. When inserting more than one shim, stagger them by approximately an inch which makes the attaching straps sit one behind the other.



The location of the shims will be under the stirrup bar.

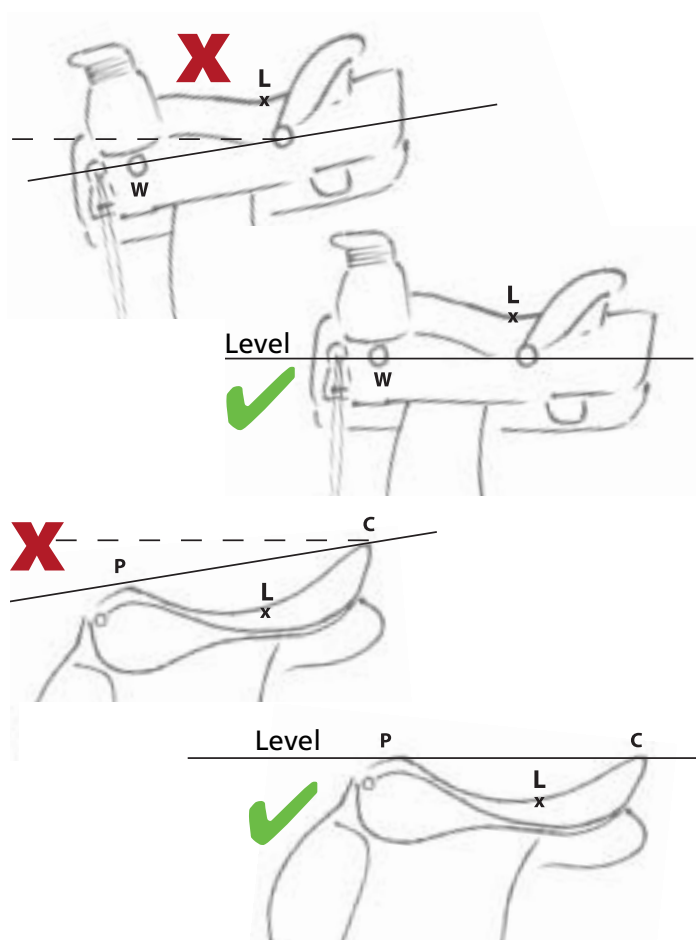
The pad and shims will now balance the saddle for the rider and take the weight off the front end of the horse. Aaaaahhh! Such relief!

I recommend owning at least one thick and one thin TheraShim. Even better, one thick and two thin... this way you can make a lot of adjustments as the horse develops (or if you have more than one horse), especially if you have a horse that needs a lot of rebuilding in its back and shoulder muscles. And don't be afraid to experiment — sometimes 'feel' will add to science!

CAN EVERY SADDLE BE MADE TO WORK?

I wish I could say yes. However, there are some situations where it won't:

- Saddles with flexible trees may not work with an air-foam pad unless you use very little air. There is too much movement in the bars unlike a regular saddle.
- A saddle that sits the rider high above the horse's back will do better with the TheraFlex pad, but reaching a more ideal closeness may mean getting a different saddle.
- An English saddle that is quite extreme in design may end up having the pommel come up too high or the flaps come forward in an odd-looking way. It may not be a problem; it might just look weird.



- A very narrow saddle on a wide horse may need a lot of shim and as a result become too unstable on the horse's back. It will be fine for riding slow and right, but if you're going to speed around, you might have slipping issues.
- A saddle whose bars are too long for the horse will still restrict its ability to flex laterally.
- A saddle that has a crooked or twisted tree, or has a screw sticking out of the bar into the horse just has to be fixed or thrown out!
- For the rider, a seat that is too small can be made to feel better from the Balance Point perspective but still be too restrictive for the rider. A bigger saddle seat is a must.

The TheraFlex pad can be used under treeless saddles or the Parelli Bareback Pad, and staggered shims can sometimes shift the balance point back.

BUYING A SADDLE WITH CONFIDENCE

With the information I've shared, you should be able to buy a saddle with renewed confidence. There are good saddles out there and you'll be able to find them now that you know what you're looking for.

I would presume you've already decided whether you want an English or Western style of saddle, so all you'll need is a wire hanger and your Balance Point!

- The hanger needs to be bent into the shape of your horse's back, the measurement taken at the 2nd scapula position. (Unfortunately a flexi-curve won't hold its shape as you shop.)

This will help you select the right width of saddle.... one that is bigger than the hanger shape so your horse has room to move and grow. It's a great idea to trace the shape of the hanger or flexi-curve onto paper as a record of how your horse used to be and compare the changes over time!

- Your Balance Point is the only way you can assess whether the seat will let you access it! If the seat is too small it will be difficult — the cantle (back) of the saddle may touch you in the lower back, the swells or bucking rolls on a Western saddle will push against your thighs when you hang your legs down, and knee rolls on a dressage saddle may push your thighs down and backward too much. You should have plenty of room to move but not so much room that you get lost in the saddle. It's the Goldilocks porridge principle... not too much, not too little, just right! I used to ride in a 16.5-inch English dressage saddle. After learning that room is important, I was guided into an 18-inch seat. (Note: English and Western sizing are different.)

Be careful about buying saddles you can't measure or sit in unless you know they are designed to meet the ideals discussed in this article. Even then, you should check it out for both horse and rider to make sure it's right.

Stay tuned for a new saddle that's now in development, which is a fusion of good English and Western principles!

HORSES THAT SHOULDN'T BE RIDDEN

Some horses are so damaged and weakened by bad saddles and unsavvy riding that they either should not be ridden or should be physically rehabilitated first. Here are my thoughts:

Don't ride horses that are:

- lame
- in pain
- crippled in some way

Rehabilitate horses that are:

- sway backed
- weak in the back (hollow, no muscle)
- have weak/locking stifles

A good way to physically rehabilitate these horses is by playing with them on the ground, on long lines and on hills and dales at slow and consistent gaits for a good 20 minutes — 10 minutes each way without stopping except for a five-minute rest between direction changes. Repeat this exercise daily until they find out how to use their whole body when moving and let go of their stiff and defensive movements. I call it 'hill therapy.' What does not work is lots of stop and start, sudden, jerky or hard maneuvers and turns.

Important: When doing the hill therapy, your horse will often want to slow down and change gait which you must allow — they'll do it most when making the biggest changes. If you try to make them stay in the trot or canter, they'll brace emotionally and physically which is counter productive.

Restoring a more natural way of going and overcoming habituated, weak and unnatural postures can take anywhere from six weeks to some months, depending on how severe their condition or how much time you can spend with them.

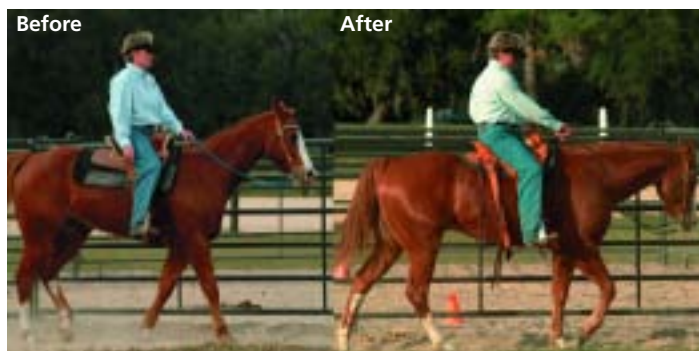


'Hill therapy' helps horses learn how to use their whole body when moving and let go of stiff and defensive movements.

Think about it — there can't be a real partnership if you don't care about the horse's experience or if you don't listen to and act on his feedback. Investing some time in restoring your horse's physical health can be one of the most important things you do in the relationship. And you can still play with them because 50% of the Parelli Program involves ground work! When you start riding again, do it with Fluidity. Become obsessed about what it takes to truly be in harmony with your horse's movement, therefore ending friction, bouncing and jarring. Become one.

WHO'S THE JUDGE OF WHAT IS "CORRECT?"

I don't think any of us are qualified to judge what is really "correct" in our saddling or riding. But the horse is and the feedback is instant. What we need to do is develop our ability to read and understand what it is they are trying to tell us, and to never ignore their feedback, nor blame it on them as "resistance". Thank goodness they have such forgiving spirits.



WHAT A DIFFERENCE! Notice the changes in this horse's posture and tension after changing his saddle and saddle pad

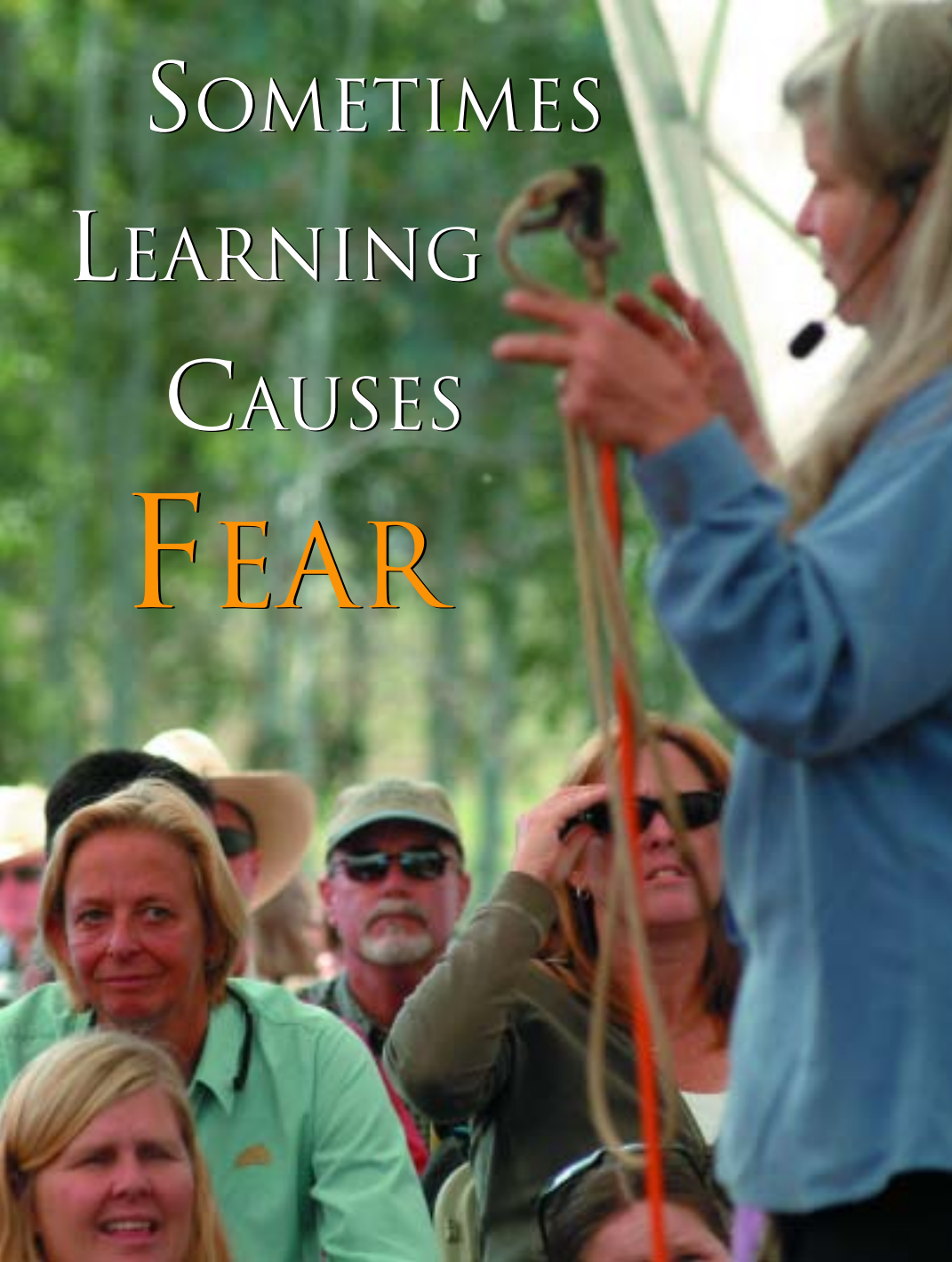
ACKNOWLEDGEMENTS

I have many teachers to thank for what they have helped me to understand so far about horses, saddles, pads, and riding: Pat Parelli, Carol Brett, Lesley Ann Taylor, Gavin Scofield, Alan Brownlie, my horses, my students and their horses.

And of course, the research continues... 🐾

To learn more, check out the Fluidity Courses held only at Pat Parelli Centers in Colorado and Florida.

SOMETIMES LEARNING CAUSES FEAR



I imagine you would have to have been stranded on a remote desert island these past few months to have missed the buzz from the 2004 Parelli Savvy Conference. There was buzz about everything, and there was a lot of buzz about what came up in the “Fear Makeover” sessions I conducted during each of the three days. Before I get into the Fear Makeover story itself, I want to start with a bit of a lesson about fear and learning, and how this all came about.

Sometimes when we engage in goals that involve learning, fear is the result. But we didn’t possess any fear when we started. Instead, fears develop as the learning

process unfolds.

For instance, a teacher’s best effort to teach mathematics can result in an adult who is too nervous to balance their checkbook. A dance teacher’s best methods can produce fear of performance. A flight instructor can cause a fear of flying.

So, too, it is true of instructors and programs of horsemanship.

Fears in the context of horsemanship stem from three basic issues:

- Loss of balance
- Uncertainty about future events
- Lack of sufficient knowledge about what our horse is “saying”

When I began my project with Parelli I

had no knowledge of horses. I was a prime candidate for fears caused by the learning process. Oh, yippee!

Most of my experiences as a Level 1 home school student were very positive. I was given sufficient knowledge and certainty about most of the things I encountered in my learning sessions. But, unless you are specifically designing a program for these issues, programs may still have gaps where fears can be caused.

As it happened, naturally along the way fear started to enter my world of horsemanship. For instance:

- I was afraid I would fall off because my body signals were telling me I was not balanced.
- I didn’t believe I could read Nugget well enough to know I was not in danger of being kicked when I picked up his hind feet; I was very afraid to do that task.
- I didn’t control my thoughts about future activities, like cantering down hills, causing all kinds of fears about my future with horses.

As these fears grew and became real, internal events, my brain responded naturally for the best interest for survival — it caused me to find ways to avoid Nugget and my horsemanship studies.

I knew from experience that the strategy of ‘fake it ‘til you make it’ is a fast path to serious injury with horses. The same is true of ‘feel the fear and do it anyway.’

MY PATH

My doctorate studies with the University of South Australia focused on the emotional experiences of adult learners. I know a lot about the role of emotions in learning and motivation. But this adventure as a Parelli student was very personal. I found myself at the crossroads of being a normal human being who avoided what was fearful, or an extraordinary human who was going to apply my understanding to support action toward the goal: working to transform the fears that were growing.

I reviewed all of my work and began to create a strategy to support my progress. I called it “Move Closer Stay Longer”

because that is the crux of it. I needed to identify the specifics of my fears. For instance, it wasn't a fear of riding in general, but I did have a specific fear of riding over uneven ground or when other riders were around.

I needed to discover how close I could get to these riding situations before the fear sensation started. So I went out and found what I call Edge Number 1: That place where the feeling starts but is not so intense that I cannot handle it. Once I knew where Edge Number 1 was, I started to go over that edge just enough for the feeling to start and I then stayed there long enough for a change to occur. I advanced like this every day. It might have looked like small progress, but no progress is even less! Within a week I was quite comfortably riding around the whole of my property whether the ground was going up or down.

This worked for many of the activities that caused fear: Picking up Nugget's feet, brushing his tail, playing around his mouth, riding bareback, riding outside the arena and so on. It focused my studies and my questions. It caused me to get what I needed to take my next small step forward. I learned to read my horse better. I learned many new lessons about learning.

Those small steps resulted quickly in huge progress. I called it a bravery strategy because I wanted people to have a better way of thinking about what bravery is — and what it is not.

THE FEAR MAKEOVER

When it was proposed that I do a "Fear Makeover" at the Savvy Conference I thought this would be a great way to introduce the lessons and strategies from the new book to Parelli students in a face-to-face lecture. To punctuate the lessons I wanted to work with, we invited real students with real fears. They would then have stories to tell about what happened for them using what I had to teach. A call went out for volunteers. Many letters were received from students sharing their stories and two candidates were selected, Lorraine and Karen. They signed on for quite an adventure!

It was important that I demonstrate that Parelli students could learn from my written lessons, so that's the approach I used with Karen and Lorraine. When they were selected, the book hadn't yet been printed so I e-mailed them selected chapters to study while I got to know more about their situations. They were asked to keep a journal and to send me their notes as they studied my lessons.

The first aim was to get them to stop feeling and start thinking. The first chapters they read gave them a new way of thinking about fear and its relationship to action and motivation. Once armed with this new knowledge it was time for them to go out and do some discovery, including what specifically triggered the feeling of fear and how close could they get before the sensation began. That activity alone started them on the path to useful action. There is always far less to work on than we think!

Once they knew for real where Edge Number 1 was, it was a simple matter of offering them the Move Closer Stay Longer strategy. The goal was to use that strategy each day with their horse and make whatever progress the strategy allowed. It was important to me that they knew they could use the strategy without continuous support from me.

As their e-mails arrived, I read with interest how liberating it was in their lives to be moving again toward their personal horsemanship goals. Moving past even a small fear opens the door to hundreds of other activities that were jammed up behind the fear barricade.

THE CONFERENCE

I scheduled meeting Lorraine and Karen the day before the Conference. They were introduced to the horses they would play with during their time there. I simply left them to apply the skills they gained as Parelli students and from me in the weeks before. I watched them play from a distance from the porch at Pat and Linda's house with a grin that hurt my face. They needed nothing more from me. They were well and truly independently moving toward their personal horsemanship goals with a way to

deal with all the old fears and any new ones that might surface in the future.

For many participants at the Conference, the "Fear Makeover" sessions were a highlight. Surprisingly, the crowd over-filled the small Cover-all on the first day causing the organizers to move us to the Big Top for the second and third sessions. I taught my lessons with all the energy I had and Lorraine and Karen shared their stories. These stories as it turned out provided the safety and encouragement for hundreds of others to tell the truth about their own fears.

The lid had well and truly been lifted on the issue of fear in horsemanship. We know now it is NOT a small, isolated, only-for-new-riders-and-wimps issue in the world of natural horsemanship.

We learned and laughed, and there was no shortage of shrieks and tears. In the end it felt to me like we let out a collective breath after a long time of holding it. 🐾



The lessons Lorraine and Karen learned from Stephanie can be found in her new book, "Move Closer, Stay Longer."

"This conceptualization of bravery as a strategy may help some of you when fear is the cause for potential failure. You should have every opportunity to get what you want, do what you want to do and go where you want to go."

— Stephanie Burns

*Savvy Club members please call 1-800-642-3335 or visit parelli.com for your special member price of \$14.95. (Reg. \$19.95)

For more info on Stephanie, please visit www.stephanieburns.com

You can also find information about Stephanie's *Labyrinth* at parelli.com





FEAR MAKEOVER: KAREN DANIEL

Being allowed to be one of the fear makeover riders at the 2004 Savvy Conference in Pagosa Springs has to go down as a 'lifetime high' that not only will I never forget, but I think I will benefit from for as long as I'm able to be around a horse.

When I wrote to Linda asking her if I could be considered for the makeover, I actually had given up. My horses were occasionally being played with using the Parelli tools and imagination that the program encourages. They loved the Games, they "got it" when I wanted to play, they appeared puzzled when I retreated back into the house, sometimes in tears. As much as I told myself that it didn't matter if I never rode again, I knew it mattered. To me.

You don't have to ride to enjoy your horses—that much I certainly knew. But even being above them while sitting on a fence made me queasy with fear. I had been injured by a horse not even my own seven years ago,

and spent those years mulling over what I had done wrong, what I could do now that would be different, with a different outcome. Bad idea! I succeeded in scaring myself way more than the injury warranted. What I found that I needed through the makeover was strategies!

Dr. Stephanie Burns' new book, "Move Closer, Stay Longer," gave me those strategies and POWER! When I've watched Pat and Linda blow my mind in a Love, Language and Leadership tour venue, when I have watched their videos and read the *Savvy Times*, I thought somehow that I was able to take a shortcut to being as good as they are. They're brilliant at giving us the information and knowledge in a way that we can learn, but the strategies needed to just get out the door in the morning were more what I needed.

I thought if I got off (or didn't even get on) my horse when I was afraid, I was thwarting my goal of true horse-man-ship. I hated that

guilty, whipped feeling when I failed to get on, so I hid out in the house, or played the Games over and over and over on the ground. Not a bad thing, but certainly not a way to get to my desired goal of attaining Level 3 by the time I'm 60. (I'm only 25; do you think I can do it?) Seriously, I'll be 58 this month so I don't have much time! The power I wrote about is not power to push through the fear, to make it go away, to ignore it, etc. It's power to say, "Yeah, I'm afraid right now so let me see what I can do at this point." Can I stand by my horse's hindquarters, can I stand above her and play the Yo-Yo Game, can I stand above her and just brush her back and caress the top of her neck? Can I just hang out with her and see what develops? That I can do. Sometimes I can't and have to go back into the house, but most times I can.

They're baby steps sure, but they are steps. And now I defy anyone to tell me my progress should be faster. Even me.

Pat and Linda Parelli have the greatest, most comprehensive program available for folks to learn to do more and get more from their relationships with their horses. My problem was not that I didn't believe in the program. My problem was in thinking I wasn't good enough, brave enough, fierce enough, or determined enough to get to my goal. I did have a barrier; some days it still keeps me in the house, but most days (which is far more than I could say even three months ago!) I at least give it a go. Ten minutes in my horses' presence and I'm hooked. Maybe we only hang out, maybe we play Seven Games, maybe I sit on one of them for a while, and maybe I can go for a ride around my round pen, maybe I can do a passenger lesson. Something I haven't been able to do for literally years.

I played with a horse at the Parelli Center in Colorado for four days over the makeover weekend. Their ranch horse, Coop, taught me a lot about my timing on the ground, and gave me the wonderful gift of his attention as I took baby steps and got on his back and stayed there for an hour. That was no baby step to me; it was right up there with a miracle.

Now I'm working (sorry, playing!) my way through the new Level 1. I have every confidence that I'll even get through the riding part of it, one piece at a time. 🐾

I had a Thoroughbred mare run behind me for protection about four years ago and I tried to stop a Belgium mare from getting to her. Didn't work. I obtained a new hip for my effort. It took me two years to get up enough courage to get back on a horse for about two minutes.

We started with Parelli courses and I began reading Stephanie Burns' articles on the Savvy Club website when we joined as lifetime members. The Savvy Conference agenda came out and my husband Kaliher and I talked about Stef's private sessions.

I wrote Stef a letter on July 8th, 2004 about wanting to deal with my fear in some private sessions. She evidently discussed my request with Linda, and e-mailed me about participating in the Fear Makeover at the Conference. I did not know what that really meant, but trusted her and Linda.

Stef sent me parts of her book, "Move Closer, Stay Longer." I worked with my horse, Sport, on "moving closer, staying longer." Kaliher and I did a video when I started this endeavor and sent it to Linda and Stef. It was awful.

I started getting pretty brave with Sport and began pushing my first edge of fear. The day I had my second accident, August 22, I had completed Stef's book. I was working so hard on my edges of fear that I didn't notice what Sport was trying to tell me, which was that I was on his last nerve! He lost it and so did I. I had a concussion, ambulance ride, CT Scan, clips in my head, and was out of commission for a week and a half.

Stef couldn't believe what had happened. She had also sent me chapters 18 and 19 from the new Level 1 program. THAT is what I should have read before that "over the edges Sunday." When I finished those two chapters (after the accident), I had no more questions. I KNEW!

I met Linda and Stef on the day before the Conference. I was so nervous; I could hardly speak and still did not have a clue as to what was going to happen. Linda picked a horse, Kay, who was just right for me. I had not gotten back on a horse since my accident and was really scared to tears about it.

Linda and Stef sent me off to get to know Kay, but made it very clear that I was in charge of my choices; there were absolutely no expectations except to work within my comfort zone.



FEAR MAKEOVER: LORRAINE KALIHHER

They asked that I write a 3-minute story about where I was when I wrote the letter requesting help, what was my most significant lesson from "Move Closer, Stay Longer," and what brought me to this moment. We spoke about balance, lack of knowledge and uncertainty.

Parelli Instructor Katja introduced me to Kay. I began to play the Seven Games with her and we became good friends. I concentrated on our relationship and being a good leader.

On day one of the Conference, I brought Kay to the small covered arena. Katja whispered that Stef wanted me to tell my 3-minute story. I froze. Stef reminded me of strategies so I "just started" one step at a time, knowing that I could just turn around at any moment. I had no idea what I said, until many people came up to me and said, "ME TOO."

I couldn't believe the kindness and kindness I felt from so many fellow Parellians. I felt that I needed to get across to them that strategies and chapters 18 and 19 in the new Level 1 were my biggest lessons. After the session, Linda assisted me on the Bucky (horse simulator) and with getting off and finding my balance point.

On day two, I was exhausted. We moved to the big tent. I had been playing with Kay on the ground and had managed to get on her back for a few minutes, but nothing close to walking around the rail of the round pen. I think she took two steps and I was off, but this time I came off feet first instead of head first, which is showing positive progression. AND I was not afraid of her. Again I was requested to speak and right now, for the life of me, I cannot think of what I said. More peo-

ple came forward and told me their stories.

That afternoon, by myself, I just sobbed and sobbed into Kay's neck and mane. There was so much pain, frustration and fear inside of me that just poured out. I was still scared. I had climbed the round corral fence but had not gotten on. Kay moved over to me and looked back to offer encouragement. I crawled on her and was a passenger. She traveled along the rail and I slipped off. I got back on again and we did the same thing. I left feeling that I had accomplished a lot.

On Sunday I was committed to sharing my message about chapters 18 and 19 in the new Level 1 to the crowd; it was so important to me that I vowed to do it.

My adventures with Sport are just beginning again; now I am a better leader. I rode him on October 31, 2004 for the first time since our accident, in the round corral, without fear. I was so proud of him and me. It was totally my choice and I KNEW it was time. I savor the moments for what fills them and if I have made the right choice, it is enough.

I made a commitment in my heart to myself and to all those like me that I would continue on the journey, safely. I would sometimes be the leader and sometimes be led. I would sometimes be the teacher and sometimes be the student. Sometimes I would just be in the fullness of the moment, and savor the enoughness of the moment.

We don't have to rush through the Levels. It is the journey, not the destination. There are so many wonderful adventures to share with each other along the way, and I want it to last for the rest of my life! 🐾

BACK ISSUES AVAILABLE

Visit www.parellisavvyclub.com or the Parelli web shop (and make sure you log-in with the same e-mail address you registered for the Savvy Club) for a listing of back issues available. Hurry! Items over a year old are only available while supplies last. Recent issues include:



Savvy Times Magazine, Issue 5, October 2004

Education:

When you get bitten say, "OW!" by Linda Parelli, Learning Savvy

for Clinics by Dr. Stephanie Burns, Spooking on the Trail by Pat Parelli, Behind the Scenes of the New Level 1 Program, Bringing Up Your Life by Linda Parelli, Meet the Dean, Neil Pye, Meeting Smart Seven, Part 1 by Pat Parelli, Meet the Tour Manager, Sue Shoemark, News, Q&A with Linda Parelli, Pat Parelli Centers, Riding the River, and more!

November 2004 DVD, Issue 5

- **ATTITUDE/KNOWLEDGE** Smart Seven, Part 3, with Pat Parelli, Caton



Parelli, Scamp and Smart Seven. In this session, Smart Seven is now 60 hours old and Pat talks about teaching the four most

important things a horse can do:

1. Follow; 2. Stop and back up; 3. Yield the hindquarters; and 4. Yield the forehand. Pat plays with Smart Seven while riding Scamp and says he'd like Smart Seven to know Level 4 or better on the ground by the time he's ready for his first ride. In the second session, "number-one-son" Caton Ryder Parelli joins Pat to ride Scamp and play with Smart Seven.

- **TOOLS/TECHNIQUES** "Level 2 Liberty" with Linda Parelli. Join Linda's Level 2 class at the Pat Parelli Center in Pagosa Springs, Colorado, for a session on the second of the Four Savvys:

"Liberty." Linda plays with a student horse that's a little under-impulsive and "crabby!" You'll discover the importance of lots of Friendly Game^{#1} for desensitization and relationship building, plus how Linda uses laziness to motivate!

- **IMAGINATION** "Linda's first slide stop, Lyn's first piaffe..." with Linda and Pat Parelli, and Lyn and Craig Johnson. World Champion Reiner Craig Johnson surprised Linda at the 2004 Savvy Conference with a challenge to try her first-ever slide stop on one of his top stallions, Sugar Chic Olena. Not to be outdone, Pat calls Craig's wife Lyn into the arena to try her first ever piaffe on his top mare, Magic!
- **INSPIRATION** "Karen Rohlf, Monte and River." Associate Parelli Professional Karen Rohlf presented with Monte (Lippizan gelding) and River (Andalusian x Thoroughbred mare) at the 2004 Savvy Conference. Karen demonstrates how she warms up her horses for a dressage session, plus how she takes the mystery out of collected maneuvers.
- **NEW LEVEL 1** "An introduction to the new Level 1 Program" with Dr. Stephanie Burns. Stephanie explains how and why she became involved in the development of the new Level 1 program and the innovations necessary to ensure that "Level 1 purgatory" becomes a thing of the past for Parelli students!



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- 2) Click on the link that says "Tickets" and follow the same steps as if you were purchasing tickets. In the end your balance will be zero and your FREE tickets will be sent by mail.

DON'T FORGET YOUR MEMBERSHIP CARD

Your Savvy Club Passport will get you in free to all the Parelli 2005 Tours, but don't forget your membership card. Your card will be swiped to add your special Savvy Club member discount to your purchases at the show!



AUDIO CDS REPLACED WITH DVDS

Beginning November 2004, your Savvy Club audio CD was replaced with a DVD. Now, you will receive eight DVDs and four Savvy Times magazines per year. To share your opinion, log on to www.parellisavvyclub.com during the month of February 2005. The poll question will be: "Which Would You Rather Receive In Place of an Audio CD?" Answer choices are: bring back the audio CD; I like the DVDs; DVDs with Special Edition CDs; an additional magazine issue. Remember you can always let us know how you feel or give your suggestions by e-mailing savvyclub@Parelli.com

PARELLI SAVVY CLUB PHOTO CONTEST

In the October 2004 issue of Savvy Times we announced the Parelli Savvy Club Photo Contest. 1st PLACE PRIZE: 1 week course at either the Colorado or Florida Pat Parelli Center with a Parelli Instructor; 2nd PLACE PRIZE: \$500 Credit

with Parelli Natural Horse•Man•Ship; 3rd PLACE PRIZE: Bareback Pad. Entries must be postmarked by June 1, 2005. Judging will be held in July 2005. Winners will be notified no later than August 1, 2005. Winning photos will be published in the October 2005 issue of Savvy Times. For rules, eligibility and submission information visit www.parellisavvyclub.com.

A TIP OF THE HAT TO OUR LIFETIME MEMBERS

Our Lifetime Savvy Club membership list just keeps growing, and we'd like to list these special people. These Lifetime family members include:

Chris Hudson and Francis Robinson; Carolen, Alex, Lonnie and Eleesha Smiley; Dawn, Jerry and Kenny Partlow; Jane, Peter, Rebecca and Carly Aldoretta; Kevann,



Austin and Richard Thompson; Lisa Marie, Ross and Richard Weilnau; Paula Knickerbocker and Darryl Atkin; Larry, Donna, Kevin and Ryan Geer; William and Lorraine Kaliher and Bentley and Fisher Jackson and Graham and Will Harpole; Dr. Robert and Debby Miller; Linda Giles; Mary Ann, Rachel, Lukas and Greg Parker; Sandy and Brent Ward; Donna and Harry Powell and Carson and Dantzler Lewin; Shannon Mercer and Stacy Dudeuszky; Jennifer, Larry and Steve Housley; Sandra, Brandon and Russell Larocque; and Jacklyn, Frank, and Diane Bartlett and Anthony Dongey.

SAVVY CLUB FORUM

The Savvy Club Forum is our newest resource for Savvy Club members only. This is a place to meet fellow Savvy Club members, share stories and chat about everything Parelli. You may



find other Savvy Club members from your area who are traveling to clinics and courses or even board in the same facility as you! Recently added is a special Classifieds section.

To log on and check out the Forum just log-in to www.parellisavvyclub.com. Click on the "Savvy Club Forum" link at the top of the page and then select "Register" from the top menu. This will take you through a few easy registration steps. Now you're set to explore existing posts or create your own!

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Horses are fearful by nature. Their survival counts on it! The Friendly Game is how we help horses overcome fear. Understanding these simulations from the horse's point of view will help you to communicate better with your horse. The following simulations should be played with a friend or parent. Cut out the masks provided and attach strings. One of you will be the prey animal (the horse) and the other will be the predator (the cheetah). When you've played the simulation once, switch roles and masks and play it again. Look for additional information about what you're playing on Fear vs. Curiosity and Approach and Retreat in the New Level 1 Program materials.

Understanding Why Prey Animals Are Fearful:



Prey Animal: Stand with your back to the predator that's across the room. The predator will begin to creep up on you as silently as possible. Without turning your head use your peripheral (side) vision to 'see' the predator, or maybe you can just 'sense' that the predator is approaching. When you realize you're being stalked by a predator... run! How soon could you 'see' the predator? How did it feel to be chased?



Predator: The prey animal will stand at the other side of the room with its back toward you. Sneak up as quietly as possible. You're a predator stalking the prey animal for your next meal. When the prey animal spots you and runs, chase it down. How did it feel to be so quiet and sneaky? How did it feel to run after the prey animal?

(Note: Horses can see all the way around to their tail. They can see things behind them from far away so they can start running sooner. You, as a person, may not see something behind you until much later, maybe not even until you 'feel' its presence. We humans have to play the Friendly Game because horses are so fearful, and horses are fearful in order to survive.)

Understanding Fear, Part 2, The Water Hole:



Prey Animal: Get a towel or rug and put it on the floor. You're going to pretend it's a water hole or creek. As the prey animal, you should now approach the water hole. You see the pond but be careful — keep an eye out for predators. Zigzag your way there. Check for predators in every direction. Stop and get a drink of water, but stay on the lookout for those predators!



Predator: As the predator, you should approach the water hole by going directly to it (no zigzagging for you!). Stop and get a drink of water.

(Note: Prey animals are very cautious and always on the alert. Our horses see us as predators and are always on the alert around us until we can prove that we will not act like a predator. If a horse is fearful he thinks,

'What's that human, that predator, going to do if he gets behind me? That predator might bite my butt.' That's one of the reasons a horse will kick. They won't kick you if they trust and respect you, can see you and aren't startled.)

Approach and Retreat (Start helping your horse overcome his fear by turning fear into curiosity):



Prey Animal: Your human is going to introduce you to a plastic bag or other 'scary' new object. If they come at you directly, get scared and run. But, you'll become curious and look at or even follow whenever the human walks away from you. After you've switched roles discuss with your human what it was like to be approached directly versus with approach and retreat. How well did your human read your behavior?

You can also play this game On-Line. Hold the halter in your hands. Your human can lead you to an object like a chair. The wrong way is if they drag you right at it. The right thing is for the human to lead you past it many times. The human must not lead you any closer until you, the horse, are comfortable moving past the object at a distance.



Predator: For this exercise you're going to take off your predator mask and be a human. You are going to introduce your 'pretend horse' to a plastic bag or other 'scary' new object. First, try it the *wrong* way. Walk right up to your horse and show them the scary object. Next time, start to use approach and retreat. Walk as far away from your horse as possible, make circles and stay away from your horse. Watch his behavior. When does it look like your horse starts to become curious? Each time as you feel that your horse becomes more comfortable you can move in closer, but as soon as your horse looks at you stop and move away. The final goal is to be able to rub your horse with the object. Make sure when you get in that close you let him approach the bag first. Then begin playing The Friendly Game in each zone until you can rub your entire horse with the 'scary' object. Depending on how scared your horse is, you may not be able to get rid of all of your horse's fear in one session. Take the time it takes.

After you've switched roles, discuss with your 'pretend horse' what it was like to be approached directly versus with approach and retreat. How well did you read your horse? You can also play this game On-Line. Use approach and retreat to halter your horse. Have your 'pretend horse' hold it and attach the 12-foot Line. You can lead your horse to an object like a chair. Try it the wrong way first. Try to drag your horse directly to the chair. Now, try the right way. Lead your horse past the object, one side and then the other. Read your horse. You shouldn't lead your horse any closer until you see that they are comfortable moving past the object at the original distance.



Megan T. Ellis drew this picture of "Sweet, Sweet Casper" for Pat Parelli at the Jacksonville, Florida "Love, Language and Leadership for Horses" tour on October 16, 2004. Pat loves this picture of his favorite black stallion!

Which of the following might a horse be afraid of?



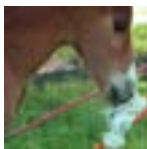
A. ball



B. clippers



C. trailers



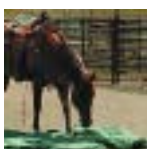
D. plastic bag



E. log



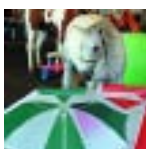
F. tire



G. tarp



H. dog



I. umbrella

Answer: All of the above. A horse is a prey animal whose first instinct is to be fearful of everything!

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A Place

NATIVE AMERICAN BLESSINGS TRANSFORM THE PAGOSA RANCH

BY PAT PARELLI

a Journey



When I first started doing clinics back in the '80s, I came up with the concept of structuring my fees so that it was "double for doubters, free for friends." I also knew lots of individuals and groups who didn't have as many financial resources as others, so I came up with a "feel good" fee structure for those folks. Once a year, at a minimum, I would give a free clinic for the indigenous people of the land — whether they were from Canada, the United States, Mexico, or the aboriginal people in Australia. I would take one week out of my life to do this "feel good" thing for these people, as well as for me.

I began meeting some very interesting

people, including a couple named Joe and Antonia Bahe. Joe's a veterinarian and Antonia has her doctorate in sociology. They live in Tuba City, Arizona on the Navajo Reservation. We got acquainted and started doing some clinics for the Native Americans, including a trip with Dr. Robert Miller and his wife Debbie down to the bottom of the Grand Canyon to help the Havasupai tribe there.

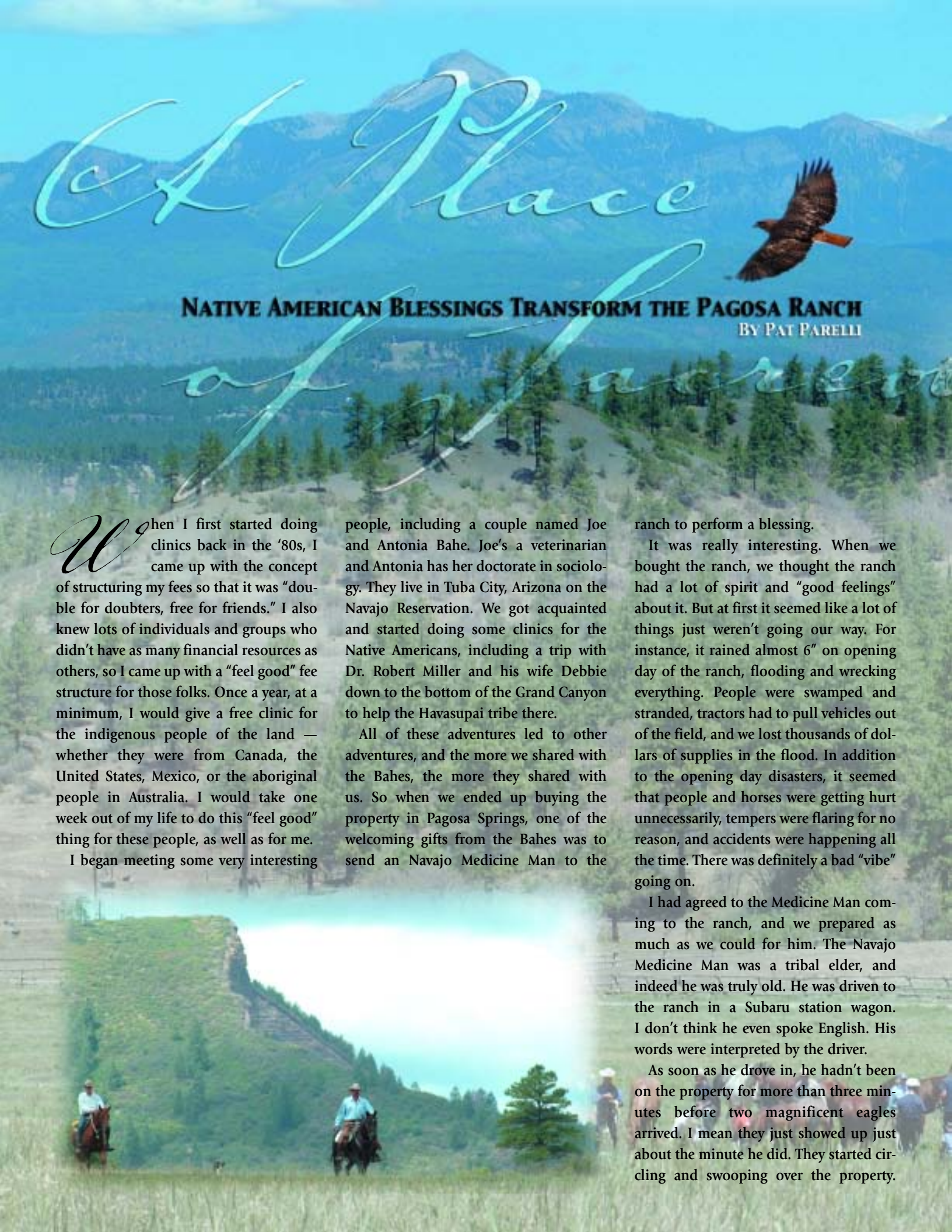
All of these adventures led to other adventures, and the more we shared with the Bahes, the more they shared with us. So when we ended up buying the property in Pagosa Springs, one of the welcoming gifts from the Bahes was to send an Navajo Medicine Man to the

ranch to perform a blessing.

It was really interesting. When we bought the ranch, we thought the ranch had a lot of spirit and "good feelings" about it. But at first it seemed like a lot of things just weren't going our way. For instance, it rained almost 6" on opening day of the ranch, flooding and wrecking everything. People were swamped and stranded, tractors had to pull vehicles out of the field, and we lost thousands of dollars of supplies in the flood. In addition to the opening day disasters, it seemed that people and horses were getting hurt unnecessarily, tempers were flaring for no reason, and accidents were happening all the time. There was definitely a bad "vibe" going on.

I had agreed to the Medicine Man coming to the ranch, and we prepared as much as we could for him. The Navajo Medicine Man was a tribal elder, and indeed he was truly old. He was driven to the ranch in a Subaru station wagon. I don't think he even spoke English. His words were interpreted by the driver.

As soon as he drove in, he hadn't been on the property for more than three minutes before two magnificent eagles arrived. I mean they just showed up just about the minute he did. They started circling and swooping over the property.





Not to be outdone by the eagles, six hawks and two Condors joined the quest. The Medicine Man stayed with us for about eight hours, and the eagles, hawks and Condors stayed the entire time — the whole eight hours.

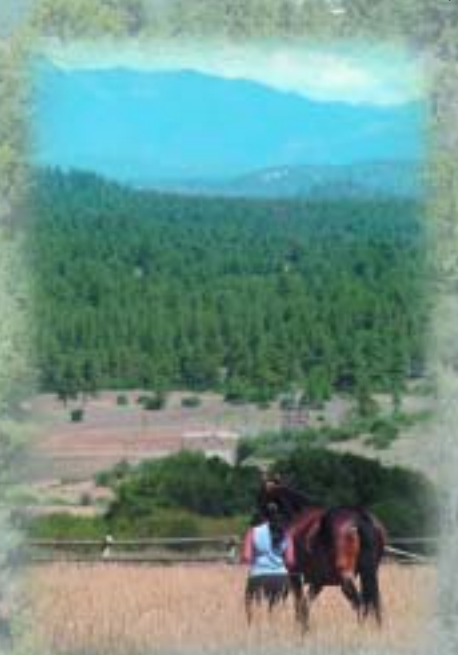
We walked up to the house after the initial introductions. I had an old rusty tractor disc ready and built a fire in it outside on the grass. When the coals finally burned down, we took it inside the house. We shut off all the lights, and the Medicine Man sat in front of the disc and stirred the coals. As he stared at the coals, rearranging them from time to time, he told us a number of things about the ranch. He said that up on the hill behind the ranch, a place we now call Condor Peak, an ancient chief was buried there. Sure enough, I remembered seeing a circle of rocks at the top of the peak. I thought it was an old campfire, but the next week I rode up there and really examined the rocks. There were no burn marks. So there is something unusual up there that looks like a burial site. The Medicine Man would have had no way of knowing about the circle of rocks, except through his spiritual powers.

This Native Elder also talked about the ranch having a lot of bad spirit about it because it had been used as a killing ground for a huge number of deer and elk. The previous inhabitants from hundreds of years ago had run the deer and elk up into the valley. He said there was something like a fence that kept them in there; the animals would be run into the enclosure and then be slaughtered. This had been going on for hundreds of years.

He also said there had been some sins

perpetrated on the property by white men. So there were all these “bad karma” events, so to speak, that had happened on the ranch.

After he told us of all his visions,



we smoked Indian tobacco in a Sacred Pipe made of corn husks. It was all very ritualistic.

As soon as he drove out, all the birds followed the car down the driveway. We haven't seen an eagle or Condor since. They've never returned.

It was an interesting phenomenon. Linda and I started thinking about what he had said. We realized that we had taken 36 semi loads of junk from the ranch that people had buried in the ground. We had cleansed the ground quite a bit. And evidently the people we had purchased the ranch from had used the place as a poaching ground, too. There were carcasses and bones everywhere.

For the next three years, a different Shaman visited each year from different areas of the Four Sacred Mountains. All three Shamans talked about the chief who was buried on Condor Peak. None of these men knew each other; they all came from different parts of the Navajo Nation. And they all talked about the same kind of bad spirits that had previously been present on the ranch.

After those three years of having Native Americans bless the property, it seems like we've had nothing but wonderful experiences. Now you can actually feel a positive spirit at the ranch. We get consistent comments from people who say they can “feel” the spirit there. For those of you who have traveled here, I'm sure you agree. 🐾

From the editor: Pat's grandfather was half Cherokee Indian. Pat didn't find this out until his grandfather was quite elderly. “My mom told me later that when her mother, a white Christian girl, married a ‘half-breed’ back in the ‘20s, that it was really a taboo thing. All I really know about my grandfather is that he was a wonderful craftsman. He was totally ambidextrous; he could skillfully use tools in both hands.” Pat's grandparents lived all over, including California, Arizona, and Oregon. According to Pat's mom, Doris Parelli, they moved every few years.

When I asked Pat if he had given any thought to having a Native American from Florida bless the Ocala Pat Parelli Center (since at that moment the farm was literally under water as a result of the hurricanes), he looked surprised and answered, “No, I haven't thought of that! Might be a good idea!” Wonder what kind of birds will show up...

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Meet Pat's Foundation Station Student, Trevor Carter

by Laura Dollar



What Level are you currently studying?

Level 4. I'm studying at Pat's Foundation Station, the small campus on the ranch for upper-level students. You should be post Level 3 to be at Pat's Foundation Station. You can graduate the school without graduating Level 3 and go to the Station to improve your horsemanship in order to get to Level 3. But mainly it's all students above Level 3 at Pat's Foundation Station.

How did you first hear about Parelli?

My Mom and Dad showed it to me. They took a Parelli course over Thanksgiving several years ago and signed me up for a course in Colorado the following July. I was in college and went home for Christmas, and Dad showed me some of the Seven Games and Parelli videos and then tried to show me with my horses. I'd seen Pat in magazine advertisements, but it never clicked. When I showed up at the Parelli Center, I knew there was a little more to this.

So you've had horses in your life for a while?

I was into horses my last year of high school. Dad had horses when I was growing up. He's a farmer. That didn't work out for me so he told me not to do anything with animals. He told me to be a doctor and to stay in school. The last year of high school I was in FFA and was showing steers. I got sick of hauling a cow around. So I picked up a horse and went to school to learn horsemanship. I didn't really learn anything until I went to the Parelli Center and excelled from there.

What are your long-term horsemanship goals?

I want to get my horsemanship to where I can start competing very well. I want to be competitive in reined cow horse and ranch horse competition. In three to five years I'll probably still just be traveling and doing little shows here and there, nothing full-on. I'll probably do a bit of instructing, too.

What's one problem you've experienced as a student and how did you overcome it?

Getting enough time to learn is the biggest problem. It takes me so dang long to learn. Repetition is the solution. But now the learning timeframes seem to get shorter and shorter. Taking the time to go through the Program was my biggest thing. I kept thinking, why can't this happen tomorrow? You have all this information, but you have to proceed step-by-step. Being here at the Parelli Center really pays off. There's nothing else I can do. I always have time to work on my horsemanship. It's been a great experience with just the lessons that Pat teaches us... he can do it in one day, and I won't get it for another six months.

What's the most valuable thing you've learned?

Patience and knowing that the results will come are the most valuable things I've learned. When I started I didn't know what the result needed to look like, what it felt like. Now, I have an understanding. Now, I can have the patience to say, "Okay. It's going to get worse before it gets better." It's not just with horses but people, too.

Give me an example of what your typical day is like.

It's easier now that we've got more people down at Pat's Foundation Station. Tour life... That's a full-on job. You're on call 26 hours a day, eight days a week. I've been on the road for three- and six-month periods for the whole Love, Language and Leadership tour. I want to stay at the ranches, now.

As far as daily life... We bring in about 40 horses every morning and feed them before the sun's up. Pat has certain days he comes down and teaches us. It depends on what day it is, but more than likely we always ride our best horse first. We ride horses all the way through the morning up until, depending on Pat's schedule, we either have a lesson or two and then the afternoon's free to work on your young horses. I was teaching for a little while, too.

Do you have your own personal horse here?

Yep, I have two personal horses. I have my Levels horse that I brought through the program, my first horse. Then I have a five-year-old. He's my post Level 3 horse and is well beyond my Levels horse. Both of them are Quarter Horses. The oldest one's eight and his name's 31. The other is Chin King, but I call him C.K.

Tell me about the horses you're starting.

People send their horses to us to put the foundation on them since many people don't have the time for it. With Pat breeding his stallions to some of his mares, we'll have some performance horses that we can start, carry through and maybe compete on one day. In three to five years, I'd like to be working at a regional Foundation Station, bringing up competition horses. 🐾



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1/28/05	Advancing Horsemanship	Lancaster, CA	3	Victor Penner • 661-728-0146 • victorpenner@verizon.net
2/4/05	Advancing Horsemanship	Tucson, AZ	3	Robin Berry • 661-548-6114 • LSRanch@Parelli.com
3/11/05	Advancing Horsemanship	Dallas, TX	3	Debbie Lewis • 214-679-5172 • dlewis@dfwair.net
4/21/05	Advancing Horsemanship	Denver, CO	4	Jody Grimm • 303-431-7739 • JodyGrimm@Juno.com
4/25/05	Level 3 Advanced	Denver, CO	2	Jody Grimm • 303-431-7739 • JodyGrimm@Juno.com

Neil Pye (ISC Dean)

npye@parelli.com

970-946-4573

David Lichman

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3/4/05	2 Day Gaited, L2/L3 Workshop	Gilbert, AZ	3	Donna • 480-988-9930 • rdptermann@earthlink.net

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4/23/05	Level 2/3 Camp	Mt. Juliet(Nashville), TN	4	Les Coppinger • 615-444-2039 • Les@carolcoppinger.com
4/30/05	Level 2/3 Camp	Mt. Juliet(Nashville), TN	4	Les Coppinger • 615-444-2039 • Les@carolcoppinger.com

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I'm in Level 1 and am practicing "undemanding time" with my horse, just "hanging out" in his corral with him. But I don't know how long to continue. When do I stop sitting in my pen with the horse?

Q&A with Linda Parelli

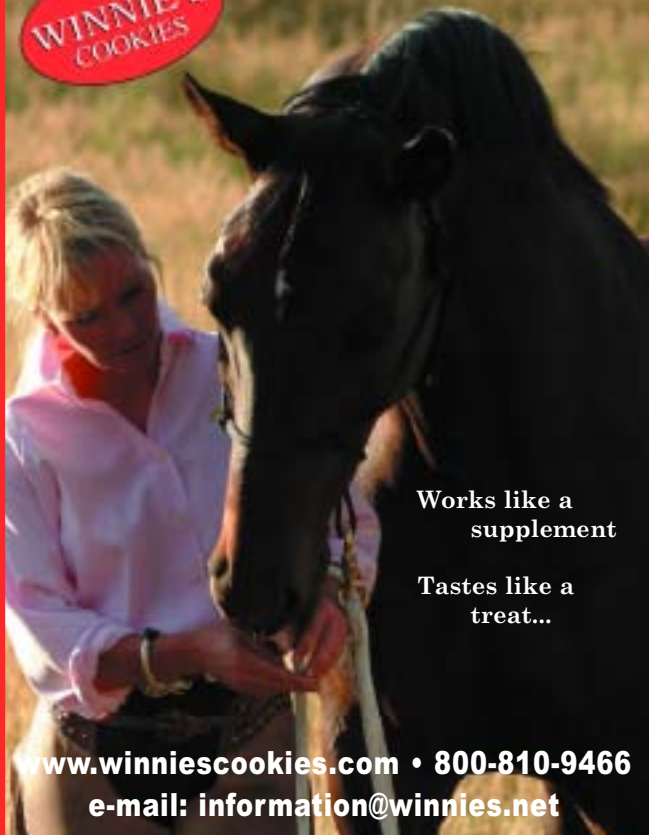
Sitting with your horse and spending non-demanding time is very important for getting a horse to realize that you are not dangerous. It helps you and the horse to bond much more quickly than if you didn't do it. If you did this until your horse comes to you when he sees you, hangs out with you instead of over by the fence, you've achieved what you need to. After that, spend non-demanding time with him now and then to make sure you don't just make a direct bee line to get your horse every time you see him — he'll think you only come see him when you want something!

Another way to spend undemanding time later on is to take your horse grazing. I often do it by turning my horses loose around my house. That way I come and go through their space without wanting anything from them... then they start to come visit me. It's all about the relationship! Having this "undemanding time" as an "arrow in your quiver" means that you can use it at any time you think your horse needs you to just hang with him.





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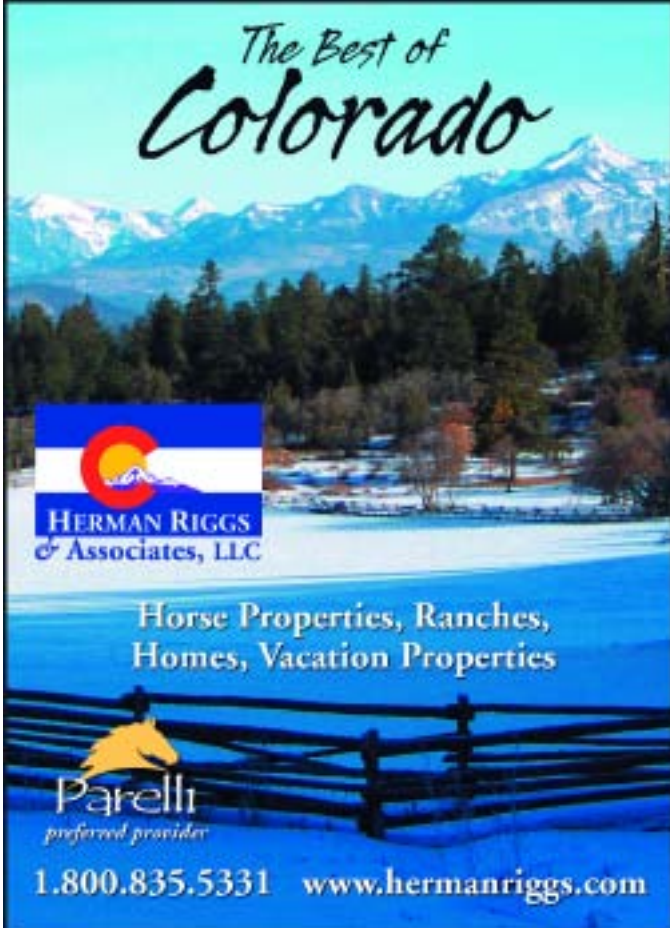
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MEETING SMART SEVEN

Part 2

By Pat Parelli





SIXTEEN AND A HALF HOURS OF AGE

Well, it's 4 o'clock in the afternoon, and here I am in Scamp's pasture where she had her colt Smart Seven last night about 11:30. So the foal isn't quite 24 hours old yet. I came up here earlier today and there they are, sure enough, back up on the hill.

We came up with the name Smart Seven today — we'll call him Seven. He's the seventh foal out of Scamp and we're pretty well known for our Seven Games, so I think that's a pretty good name for him.

I can see him on the hill and he looks 'up and at 'em;' he was napping earlier. I whistle for the mare and to see if I can get him interested in me. "Here comes the Winnies Cookie man" is what the mares think when they hear me. I give cookies to Vanna, one of the other mares in the herd, and continue my "here I come whistle," sort of like the musical ice cream truck and the kids who come running when they hear the tune.

Scamp came my way in a few minutes. Anything I can do to get a horse to want to come to me is okay. Seven laid down right after he came up to me.

We played with him last night and this morning, so this is his third session of playing with me. I don't go to him, but rather I go to Scamp because she loves cookies and scratching. I want them both to come running to me all the time, so I won't ever have to convince the foal otherwise. I scratch Scamp for a few minutes, then just watch Seven nurse on her.

For this little foal to reach his potential, it's going to take a lot of rapport and respect — the more rapport and respect I have with him the more attention he'll give me. He'll figure out there's something in it for him. I'm going to invest most of my time in rapport-building skills right now, and I start by kneeling down and scratching the foal on the chest. When I get his attention, I can then direct him and support him. I've done this rapport-building with Scamp, and she's a model of the kind of relationship I've always tried to build with a horse — not just one who likes you, but one who will go to the ends of the earth for you.

A lot of people talk about spoiling a young horse by petting him. I'll tell you how to make a barnyard pet out of a horse: just love love love. But we're going to use love, language and leadership with this foal. It says in the Horseman's Bible: Idle hoofs are the devil's workshop. After we build lots of rapport, we're going to get really busy; for instance we'll see if we can get him to follow a suggestion to go into a horse trailer and follow my suggestion for a lot of things.

Horses are born skeptics, cowards, claustrophobics, and panic-holics by nature in varying degrees. What we want this colt to become is calm, smart, brave and athletic. So the way to get a horse to not be a skeptic is to have him think that the human is something good, even though the human acts, smells and tastes like a

predator. What I like to do is just hang out with these horses. I feel 'of him' and 'for him,' and then we 'feel together' when I scratch the colt's butt.

What I'm doing is programming all the good stuff in this foal.

Feelings are good. Fun things are good. Safety, comfort and play is what all horses want. Right now I'll play the "scratch me" game. Only humans can scratch horses in places they can't reach, like on the bellybutton. Scratching the foal is actually building rapport.

While I was scratching Scamp, the foal wandered off next to another mare, and Scamp went over and bit the mare on the neck: "No foal stealing" was her message. I just approached Scamp again, and started scratching all over again. Then the mare reached over and started scratching the foal at the same time. After I scratched Scamp, my fingers smelled like "mom" to the foal.

I asked Seven to follow me by lightly placing one hand on his butt and one on the withers; he follows the suggestion more than the touch. I use my body like the mare does when guiding the foal. Pretty soon he's following me. Then I turn the baby and the mare in a counter turn, just like in Level 1. I want the foal to go with me by simply following a suggestion, which proves you don't have to halter a foal. He stops when I stop, turns when I turn (often I have to guide him lightly with my hands). It's interesting to watch this little foal's horseanality emerge. Every horse has its own horseanality based on three things: innate characteristics, learned behavior and spirit. As an example of innate characteristics, when Scamp was two years old, she was the buckinest little thing I ever had. So many of her foals had that kind of

come out in this foal — I'll bet it'll have a lot to do with being athletic with lots of cow.

Learned behavior is learned from the foal's dam, the other horses in the herd, from the environment, and from humans.

I'm controlling the foal's environment by the 23 years of shaping I've invested in the mare. You should never discount that relationship with the mare.

Spirit can be classified by low, medium low, medium, medium high and high and very high spirited horses.

These few minutes were simply filled with rapport building. Rapport comes first so we'll have confidence and curiosity on our side. Then comes sensitivity, where the horses want to follow our

feel and suggestion. If we always put the horse's dignity first, we'll have exuberance later.

36 HOURS OF AGE

The mare and foal have come down off the mountain into the meadow. This will make things a little different for this session. I'll bring a couple of Carrot Sticks and grain into the meadow, and

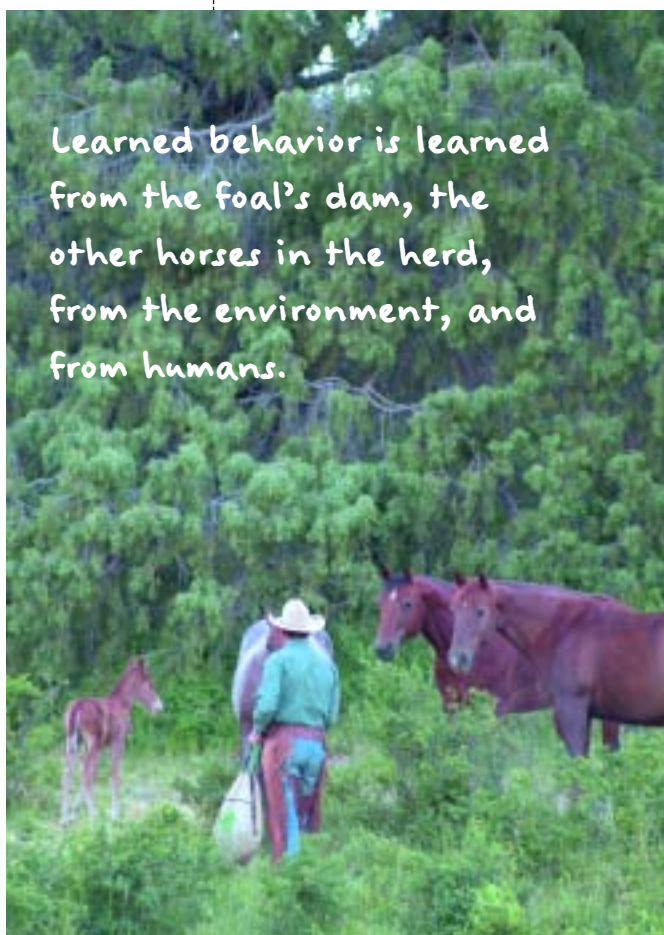
whistle for Scamp even though she's close. I want the baby to always connect the whistle with something good.

I ignore the foal (reverse psychology) and just begin by scratching the mare. I only pay attention to her, even if I'm next to the foal.

Because the mare knows the Seven Games,

I can start the foal's education by utilizing the mare's knowledge. I put a halter and lead rope on the mare and start playing the Friendly Game with the Carrot Stick and Savvy String by gently tossing the string over her neck and back.

I'll never forget when Aspen (the gelding that Caton now rides) was a little baby only a few months old. I'd ride Scamp (his dam)



It's interesting to watch this little foal's horseanality emerge. Every horse has its own horseanality based on three things: innate characteristics, learned behavior and spirit.

up-and-down play in them. They also had a lot of cow in them, and were athletic in their turns and stops. The sire to this foal is a great reining horse, Sailing Smart by Smart Chic Olena by Smart Little Lena — he's a world champion and has a ton of cow in him! Scamp's dam is a 3/4 sister to Smart Little Lena, so the cow she has in her is unbelievable. It'll be great to see what innate characteristics



Seven plays
the Circling
Game right
alongside
the mare!

and follow cattle, herd cattle, cut, and rope. The foal would follow right next to her. You'd be surprised at how quickly horses learn.

I play the Friendly Game with Scamp by gently tossing the Savvy String over her back; the string happens to also be going over the foal's neck and head (he's nursing at the moment). The mare isn't afraid, so the foal isn't either. There are so many things you can do to invite confidence and curiosity with the foal. Then I scratch the foal with the Carrot Stick and he thinks that's pretty great.

It's so important to be natural around the foal; don't sneak up to catch him or halter him. If you do, by the time he's a few weeks old he'll turn tail and escape to the top of the mountain to get away from you.

Then I played the Circling Game with Scamp, and Seven plays the Circling Game right alongside the mare! If you've taught your mare the Seven Games and established a relationship with her, then the mare will teach the foal what her attitude is about humans (and everything else).

I continue to play the Circling Game with Scamp, then ask her to disengage her hindquarters and come to me. And you know what? The foal mirrored exactly what the mare did!

I use the Carrot Stick to rub and scratch the foal; it shows him how much I care. I even toss the Savvy String over his face and neck like the mare does with her tail. All these little techniques help him to become calm, smart, brave and athletic.

Then I looped the Savvy String around Seven's chest, keeping the Carrot Stick end in one hand at the end of the Savvy String in the other. He's next to Scamp, and I ask him to back one step at a time, watching what foot is ready to move. I use pressure with the

The Dangers of a Hormonally-Charged Mare

Any time that a horse is hormonally charged, whether it's during breeding, a mare that's in heat, or just after foaling — these are times that horses' hormones (stallions included) are super-charged. You really have to be on your toes in these situations and not make any assumptions.

One of my worst memories is about an old man who I had trained a lot of mules for in Southern California. He had a 16-year-old mare that he had owned all her life and had raised a number of foals out of her. He had imprinted all her foals without any incident. When he was about 74 years old, he went to imprint a mule foal from this mare that he had owned for so long. On this particular day, the mare saw him as a threat, charged at him and bit his ear off.

These things happen! But the better the relationship you have with the mare before she foals, the easier it will be. However, you must remember that horses are not interchangeable like water pumps on cars. You may say that it takes three hours to take a water pump out of a Chevy Impala and put in a new one if you're a good mechanic. But this is where people get in trouble with horses — they blatantly categorize things, and then get into trouble. The next thing you know, they're thinking that they'll just go in the stall and imprint the foal, and they haven't taken into account the mare's hormonal changes.

Sometimes this can be a very dangerous thing, even with that good ol' mare you've had for years and years.

If you suspect that the mare will be dangerous or put you in peril, whether it's foal imprinting or something else, abandon the mission! Don't try to do something fancy like putting the mare on the other side of a fence. Usually what happens is that if you separate the mare and foal at that young of an age, the mare's hormones skyrocket to yet another level and their adrenaline kicks in. They become super-supercharged. This can really be dangerous.

Always put your safety first. Once again — abandon the mission if necessary! In about three days the mare's hormones will start to subside and things will progress much more smoothly. Do your imprinting then.

In most cases, if you're present during the foaling, the mare will usually accept you. But if you arrive within the first two hours after foaling, the mare may view you as a threat. That's all the mare is thinking about: protecting and saving that baby.

So, make no assumptions and always be on your toes. We suggest that you be a Level 3 ground skills graduate before you start handling foals and yearlings.

The final message is: Hurry up and get good with horses on the ground so you can be savvy enough to do all the things that you want to do!

stick on one side for one step, then draw on the string on the other side for another step backward. There are so many things we can do — naturally — with a foal. We don't need to capture the foal and halter it!

Then I played the Sideways Game with Scamp, ignoring the foal to see what he'll do on his own. Even if the foal doesn't mirror the action of the mare, it's okay. He'll know that it's just part of life!

Then it's back to the Circling Game, where I ask the mare to change directions. Believe it or not, the foal changes directions with her!

Now it's time to let the foal nurse, and I just gently and quietly put my hands all over his body, including picking up all four feet. I let the Savvy String drape all over his body, occasionally asking him to "follow a feel" and come toward me with the Savvy String hitched between two Carrot Sticks. The string is looped around his chest, and the two sticks are held parallel to the foal's body. The mare just follows happily alongside. I can turn Seven on the hindquarters and forehand and ask him to go sideways with this method, without him feeling trapped by a halter and lead. There are a lot of things that are available to us, but we need to think outside the box. Doing everything with a foal in a natural order is important, as is doing it at his pace.

Please let me caution you against haltering these little babies. When a foal feels pressure against a halter, he feels the need to protect himself by pulling back or flipping over. So many foals have neck and head injuries from being haltered without prior and proper preparation. These haltering concepts are archaic. To add to that, most people have hands that close quickly and open slowly (or never) — just the opposite of what our program teaches, and the worst possible scenario for these little foals.

Some of the exercises and techniques I've done here take some skill. That's why in our Levels program, if you can get through Levels 1, 2 and 3, these techniques are in the Versatility Level which will teach you how to use love, language and leadership in equal doses with foals.

So many times we have all these rules and regulations, that we've stymied ourselves. Most people would never conceive of how to play the Seven Games with a baby. I play Games 1, 2, and 3 with them before they're weanlings. Then I play Games 4, 5, 6 and 7 with them starting at weanling age.

I ask Seven to follow a feel by just putting my arms straight out in front of his chest and behind his butt. It's like a little human arm corral, but he's never trapped and I never grab him. My arms just establish a boundary. Remember to touch these foals with your

heart, and put your heart in your hand.

It's one of the greatest privileges in the world to play with this little foal and invest this time in his future.

45 HOURS OF AGE

As I whistle for the mare while climbing the hill, she nudges her sleeping foal. "Pat's here! Wake up!" She doesn't leave her foal, but you can tell she'd like to — to get some Winnies Cookies and a good scratch. As she was eating her cookies, the foal got up and started following Cash, another mare. Scamp took off



after Cash, biting at her flank.

I followed the herd up the mountain and approached the foal and stroked him on the withers. Sometimes if you stroke a foal on the hip, they'll buck a little bit.

What Scamp wanted more than anything was to be scratched, so I took a short stick and just scratched her all over. If mama wants to be with me, then baby will too. It helps on the road to relationship...

Again I guide the foal with my hand on his neck and my scratching stick on his butt. It's easy to force them at this age, so we have to be careful to not do that. Then I held him with the "human fence" between my two outstretched arms.

If I lead the foal and not the mare, the mare will follow, I promise! Even if the mare was a trailer loading problem, she'd follow the foal into a trailer.

I used the Carrot Sticks and Savvy String to guide Seven, then dropped the string to the ground between the sticks, and Seven doesn't miss a stride as he steps over the string.

Seven begins to follow a 'feel' with the Savvy String guiding



him, and mom follows the baby. Pretty soon he'll start to follow me without using the Savvy String and Carrot Sticks.

The first week of life is the most important in these babies. Seven is not even 48 hours old and look what we've done! How many horses born this year become barnyard pets or wild march hares? It would be wise to follow this philosophy: The best paid teachers in our society should be kindergarten and elementary teachers. Get it right at the beginning and we don't have to straighten out these kids later on.

I'm watching Seven, and he starts to spread his hind legs and sort of squat down. He's straining to have a bowel movement. This posture repeated itself several times and I know he's constipated.

I wanted to try something natural to help "nature finds its course" and decided to use photonic therapy. I referred to the chart to see what the point for constipation is after doing the preliminary nine equine points. Photonic therapy is like non-invasive acupuncture.

I asked Level 3 student Jodi to rub on Seven (suggesting that she be confident and brave herself) before we used the photonic torch on the foal. One of the places I put the photonic device is right under his tail at the tail head above the anal sphincter. Then we started with the nine points listed on the chart. Jodi just sort of floated with the foal as I held him with the Carrot Stick and Savvy String. Each acupuncture spot received about five seconds with the torch. I once had Chinese acupuncture on a wrist problem that had been diagnosed as carpal tunnel syndrome, and it healed the problem without surgery or drugs. Incredible results! So when this photonic therapy came along, we jumped right on it.

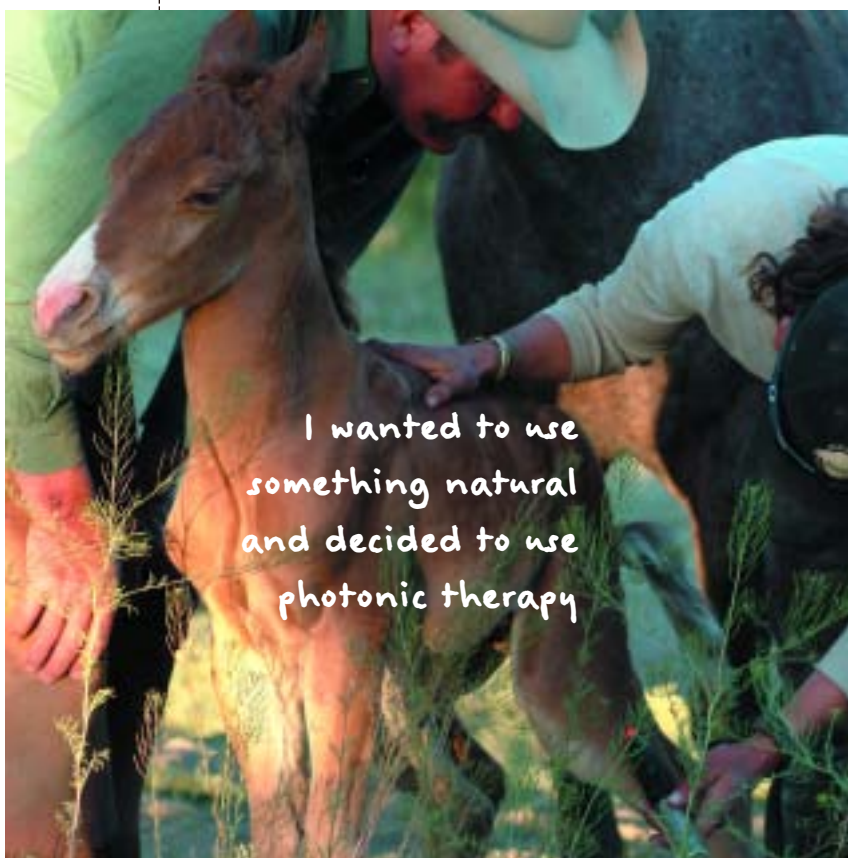
We also did the colic points on the foal, under the tail head again, and on the center of the lip

between and below the nostrils. Then we did the bellybutton point, and halfway between his navel and the beginning of the breastbone.

After completing the photonic therapy, I let him go and he starts nursing. This has been a really good example of having an objective with the foal, but not putting the goal in front of the principles. That's where people get in trouble with horses — like when they want to trim a horse's feet and manhandle him to get it done. They lose the relationship.

Incidentally, nature did take its course.

It's one of the greatest joys in life, to have one of your best horses have a foal by a top-notch stud, and have all that confidence and curiosity come your way. 🐾



I wanted to use something natural and decided to use photonic therapy

SAVVY CLUB SPECIAL FROM WINNIES COOKIES!

Most of you have seen Linda's horse Remmer become fixated by Winnies Cookies, and for good reason! Horses love Winnies Cookies (and so do dogs, by the way). Not only are they wonderful treats, but these fresh-from-the-oven-to-your-doorstep morsels are packed full of vitamins and minerals. The slogan, "Works like a supplement, tastes like a treat" really rings true.

Carolyn Kookan, owner of Winnies Cookies, has extended a great deal to Savvy Club members: A free membership in the Winnies Cookies Club, which gives you discounts and special deals. Call 800/810-9466 or visit www.winnies.net. They have other organic animal products, too.

CONSERVATION EASEMENT DEDICATED AT PAGOSA RANCH

Assurance of the legacy of Parelli Natural Horsemanship has taken another leap. Pat and Linda Parelli have made a conscientious choice to protect the Pagosa property from development in the future by granting a conservation easement across their land. Parelli President Mark Weiler, who owns land adjacent to the Pat Parelli Center, joined in the easement plan.

Here's what La Plata Open Space Conservancy had to say in their October 2004 letter to Pat, Linda and Mark:

"La Plata Open Space Conservancy greatly appreciates your gifts of conservation easements on your properties near Pagosa Springs. Your entire area is a critical migration route and habitat for big game animals, and provides enormous benefits for many other species, as



well. Additionally, keeping your properties open will enable the continuation of horsemanship education that is dependent on a large amount of open space. Your gifts

are likely to precipitate voluntary protection of other private lands in the area, which will contribute to the quality of life we all enjoy in Southwest Colorado."

NEVER TOO OLD!

Congratulations to 75-year-old Bonnie Hearn of Georgetown, California, who just received her official Level 1 status with her 22-year-old Arab gelding, Benaz Entertainer! Way to go, Bonnie!



PARELLI GRADUATE ON EQUESTRIAN TEAM

Georgia Bruce, from Far North Queensland, Australia, is an official Level 2 graduate and is a member of the Australian Paralympic Equestrian team and competed in Athens on a horse named Voodoo. Her freestyle presentation (dressage to music), we're told, is truly amazing. Congratulations, Georgia!



PARELLI ARK LAUNCHED AFTER FLORIDA HURRICANES

For those of you who are wondering if the Pat Parelli Center in Ocala, Florida sustained any damage during the onslaught of those four forceful hurricanes last fall, you'd be smart to bet on the "yes" button. Indeed, a large portion of our facility earned the moniker

of "Lake Parelli." However, Pat and Linda's house, rightfully placed on the top of a hill, didn't sustain any damage.

Quick to respond to any type of challenges, Team Parelli moved the horses and set up a new temporary facility down the road a bit (on higher ground, obviously!). Courses continued as usual, without missing a blip on the radar screen.

The tide has receded, and it's back to business as usual.

"FOR THE LOVE OF HORSES" DVD ROCKS AND ROLLS!

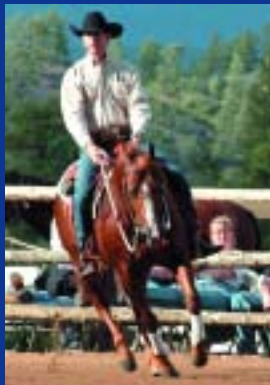
In case you haven't purchased your copy yet, run to the phone or your computer and order it! This DVD, with Linda and Pat Parelli and Karen and David O'Connor, profiles these stars up-close-and-personal, as well as giving you an encapsulation of their performance together at the Rolex Three-Day Event in Kentucky. The DVD even gives you footage of each of them as youths, and how horses were a significant guiding force, even when they were tykes.



The special price for Savvy Club members is only \$14.95 (call 800/642-3335 or visit www.parelli.com). Invite your friends over for the evening and pop it into the DVD player. You'll enjoy getting to know these horsemen and women even better...

NATIONAL CHAMPION PROUDLY WEARS GREEN!

National endurance champion Brenda Ruedy of Cool, California, recently achieved her official Level 3 when 5-Star Instructor David Lichman watched her perform her last tasks at Liberty with her four-year-old Arabian stallion. Brenda's logged on over 8,495 competitive miles in endurance riding. Congratulations, Brenda — green sure looks good on you!



PAT PARELLI AND CRAIG JOHNSON PARTNER ON HORSE

Pat Parelli is pretty danged proud to announce that he and reigning world champion Craig Johnson now co-own Sailing Smart, a Quarter Horse stallion that has taken Craig to great heights in reining competition.

As you probably know, Smart Seven, who is featured in this issue, is a colt by Sailing Smart and out of Pat's good mare Scamp. You might look for other foals by Sailing Smart frolicking in the Pagosa pasture next year...

NEW SERIES TO RUN IN HORSE ILLUSTRATED

For the entire year of 2005, there will be a monthly article by Pat Parelli in Horse Illustrated. The first issue, January (Pat's on the cover!), features a story on the Catching Game. Other topics will address the frustrating (but common) issues all horse people face: Tying, trailer loading, etc.

Horse Illustrated has now gained the title of being the largest circulation equine magazine in the world, surpassing all other equine publications. Look for the magazine on newsstands, or to subscribe, call 800/365-4421 or e-mail a request to fancy@neodata.com and enter "Horse Illustrated" in the subject field. You may also visit their website at www.horseillustrated.com.

"RAISE YOUR HAND IF YOU LOVE HORSES" ON SALE!

The long-anticipated autobiography of Pat Parelli's first 50 years, "Raise Your Hand if You Love Horses: Pat Parelli's Journey from Zero to Hero" is now available for \$23.95. **Savvy Club members: \$19.95!** You've read Savvy Times Editor Kate Riordan's little snippets about the book's contents, but as they say, you ain't seen nothin' yet! The stories, the photos (little Pat Parelli with his great grin at age 6 months, rodeo



shots, mule competitions, reined cow horse competitions, Pat's first horse, his first 4-H ribbon, Pat's first dog — makes the tears well-up!), the insights about his mentors — all of it is truly a "reader's Disneyland!" And the sidebars! Wait until you read what Dennis Reis says about Pat. (Hint: "I'm one of Pat's biggest admirers. He truly deserves whatever accolades he gets.") And many of the people who

HORSE ILLUSTRATED STAFF LANDS IN PAGOSA



Liz, Micaela, Moira, Pat, Linda, Stephanie, Toni

We were graced with the presence of the entire editorial staff from Horse Illustrated last September. Heading the troupe was Editor Moira Harris. In her capable footsteps fol-

lowed Managing Editor Elizabeth Moyer, Associate Editor Toni McAllister, and Associate Editor Micaela Myers. The moment they stepped off the jet, we swept them into a limousine (a rare sight in Pagosa!) and hustled them off to the ranch, where, as we drove in, Pat Parelli on Magic came cantering over the rise to meet us, with the gorgeous San Juan Mountains in the background. Strains of the theme song from "Bonanza" was the only thing missing!

It was a day of Parelli dazzle, complete with demonstrations by Linda and Remmer and Pat and Casper. Stephanie Burns inspired the group with her wisdom and vast knowledge about "how adults learn" and enlightened everyone about her role in the development of the new Level 1 program.

We all shuttled about in golf carts, and followed Pat onto the playground where he turned Scamp loose as he took three-month-old Smart Seven through, over, into and around obstacles On-Line. It was amazing to watch how willing this colt was as Pat "suggested" different ideas to this foal.

After a fabulous day of a tour of the ranch, great repartee, and bouncing around ideas and opinions — essentially Parelli-to-the-max — it was back into the limo (complete with awful disco neon lights in the ceiling) and off to Durango to board the jet. To say that "a good time was had by all" is an understatement...



contributed to the sidebars truly knew Pat when he was pretty much "zero," and have followed his success to "hero." It's interesting to read how much they've admired (and been influenced by) Pat over the years...

The book is available by calling our office at 800/642-3335 or visiting www.parelli.com. Be sure to bring the book to the next Parelli 2005 tour stop and have Pat sign it!

Champion Craig Reins in on Parelli

Dedication, persistence and success in the show arena have made Craig Johnson a household name in the sport of reining.

Having grown up on horseback in an Iowa family that raised horses, riding has always been at the center of his life. A professional trainer for 27 years, Craig's show career initially included a variety of disciplines, from halter to performance. Early on, he decided to specialize in reining and in 1980 entered his first National Reining Horse Association (NRHA) Futurity. In 1981, he qualified two horses for the finals and has only missed making the NRHA Futurity finals two times in 20 years. His lifetime competition earnings total over \$800,000.

In the past few years, however, Craig's focus has shifted from the physical aspects of his equine partners to the horse's unique mental, emotional and spiritual facets. This knowledge and understanding have evolved directly from his connection with Pat Parelli and Parelli Natural Horsemanship. This concern for and understanding of the horse have only enhanced Craig's demand as a clinician, coach and developer of young horses.

Pat and Craig have combined their talents and considerable energy to create a style of teaching that links the best of two worlds: reining and natural horsemanship. The two horsemen conduct several Reining Super Camps together each year at the Pat Parelli Centers in Pagosa Springs, Colorado and Ocala, Florida (see sidebar).

Twenty years ago Craig, his wife Lyn and their daughter Sarah established their Three Circles Ranch on the Red River in Gainesville, Texas. Here, Craig starts colts and provides foundation training that will serve them for a lifetime. His "Basics of Reining" clinics, held at the ranch and around the country, continue to inspire reining riders, as well as those in other disciplines. Three Circles Ranch is also the site of specialized reining training for Parelli Professionals.

Recently, Craig shared his thoughts about Pat and Parelli Natural Horsemanship.

WHAT WAS YOUR INTRODUCTION TO NATURAL HORSEMANSHIP AND HOW DID YOU FIRST MEET PAT?

In over 30 years of developing horses, I've found that I always liked to be the one who does something first, and that's hard to find anymore. Horse training isn't exactly a new development; it's been going on for thousands of years. Being as competitive as I am, though, I've been in search of what I consider to be the ultimate program.

I already had some of the basic concepts of Parelli, through my own experimentation and from other clinics I'd been to, such as those presented by Tom Dorrance and Ray Hunt. I was trying to apply these

concepts of care and concern for the horse, but I hadn't really studied these natural concepts.

Before I 'officially' met Pat, I had been to a few clinics given by Parelli Instructors. I was intrigued with the clinics I'd seen and my dad, Burdette Johnson, had been to a seminar Pat himself had done. He told me this guy looked like he knew what he was doing and that I should try to ride with him if I ever had an opportunity. Being the type who did what my father told me to do, I made that appointment. I flew out to Pagosa Springs in 2002, met Pat and rode with him.

HOW DO PARELLI PRINCIPLES APPLY TO FOUNDATION TRAINING FOR REINING?

I've found this to be a great way to teach the horse confidence, balance and skill, and to increase his ability to trust and respond as he's developing. Parelli is very much in line with my foundation training. It teaches the horse how to accept the rider and the rider's cues, and to respond to them. Parelli teaches the horse how to be a willing participant in the development, rather than just a 'tool'.

In the past, my main focus had always been the physical skills of the horse, but now what intrigue me are the mental, emotional and spiritual sides of the horse. I may have touched on these unknowingly in the past, but now it's a focus. 'What's he thinking, what's he feeling?' It's a really cool spark for me at this point.

We're finding there are a lot of the ground skills that apply in our sport. This is somewhat of a revelation. The Parelli Seven Games can also be applied with a little bit more of a pinpoint focus, depending on the sport that's chosen. In reining, we're teaching the horse how to use his body in specific ways for maneuvers. The seven moves a reining horse needs to know are circle, spin, stop, back up, rollback, lead changes and speed control. The Parelli Seven Games apply to these seven reining moves. The horse needs to learn consistency, mental focus, body position, and how to respond to different pressures.

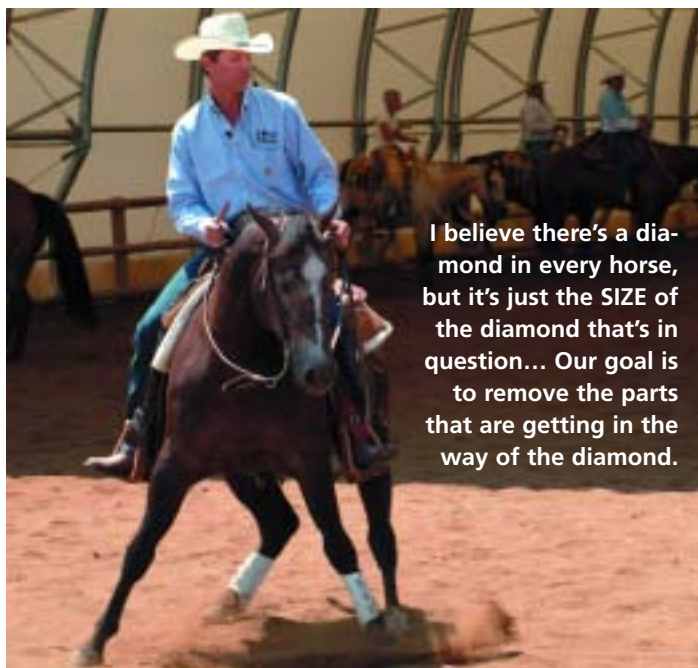


Johnson i Savvy

By Cynthia McFarland

You can work with a very young foal, and then continue playing the Seven Games and teaching ground skills when he's a weanling and yearling. This creates muscle memory and gives the horse information that will take the pressure off him as he develops and learns.





I believe there's a diamond in every horse, but it's just the SIZE of the diamond that's in question... Our goal is to remove the parts that are getting in the way of the diamond.

WHAT ADVANTAGE DO THESE TECHNIQUES PROVIDE IN COMPETITION?

As far as competition, I think the horse has a lot of trust in the rider through the foundation he's gained through the Parelli concepts. Trust and belief in the rider are crucial for success in competition. The horse has to believe that he can, and that the rider won't ask for anything beyond his capability. Then the horse will go out and do his best and do as much as he can. Parelli concepts applied during development and foundation training definitely apply to competition.

At Three Circles Ranch, we're trying to add to the skill of the rider as far as knowledge of Parelli and the sport of reining itself. We've got quite a bit of experience in that area and can offer the techniques and tools. There are a lot of people who, once they've gotten into the Parelli program, begin to be intrigued by competition. They want to apply the Parelli techniques to competition. At the point when someone wants to do this, we've got a program that will get them there.

We also have programs for Parelli Instructors once they've accomplished Level 3, if Western sports are their chosen area. We do ranch clinics and clinics around the country that introduce reining concepts, which actually apply to any horse. Reining is basically going left, right, forward, and back, only better, taking it to the next level. As Pat says, there are only six ways a horse can go – left, right, forward, back, up, and down. Up and down are really the only two directions we don't cover in reining...at least not intentionally!

HAVE YOU SEEN ANY CHANGES IN YOUR RELATIONSHIP WITH YOUR HORSES BECAUSE OF PARELLI?

Sure, I've noticed a difference. The Parelli program gives you the opportunity to 'read' a horse's tendencies sooner in his development, which is helpful. I'm able to read the horse's attitude, heart, 'try,' and levels of acceptance and resistance earlier. This allows me to spend my time with the horse more efficiently. Some horses are 'internal,' which means they're content to be with the rider/handler, and others are 'external,' meaning they are affected more by outside circumstances, and respond accordingly.

There's a difference in how you approach the horse, depending on this. Parelli concepts help us figure this out and develop a program

for each individual horse.

Having grown up in the business, I've had quite a bit of practical experience. I learned early that it can be hard to catch a horse, so with Parelli we set it up that they 'catch' us.

I also learned that there are individual horses and tendencies. I have to admit that in the almost 40 years of experience I've had with horses and the thousands I've ridden, I've never had two alike. Each horse is different. Parelli is trying to teach people that there are basic concepts that apply to all horses, but that adjustments need to be made for individual horses. You learn this as you go through the Parelli levels.

WHERE DO YOU SEE YOURSELF GOING WITH PARELLI AND REINING COMPETITION?

Around the world, a vast majority of people ride Western, whether their chosen sport is reining or trail riding, or another Western sport. Our goal is to improve Western performance around the world through the Parelli program. This is a spectacular way for people to get into the Western side of horse development.

Pat and I do several Reining Concepts schools together throughout the year. Through these schools and our involvement with Parelli professionals, we're able to spread our concepts, not only through Pat and me directly, but through the people we've schooled.

More than just using the horse as a 'tool,' I hope that we pass along more of a concern for the horse and his development. There's an occasional tendency, given the levels of reining competition and the money out there, towards the 'disposable horse' — to try him hard and if it's doesn't work, get rid of him and get another one. We need to recognize the horse's abilities at an earlier stage to avoid this.

What we have to do is recognize their talent level. Some horses have a gift and a desire, and it would actually be a disservice not to take them to the higher levels. I believe there's a diamond in every horse, but it's just the size of the diamond that's in question. I believe in challenging a horse; pressure is what brings out the diamond. Our goal is to remove the parts that are getting in the way of the diamond. If it's a small diamond, you can't make it bigger, but you can allow the horse to be whatever he can be.

Parelli concepts and principles apply to each horse, but it's the horse that takes himself to the next level, as long as he understands the concepts and trusts his rider/handler.



The time we run into damage is when we take a horse of average ability and try to make him great. You can't make a horse do anything, but you can allow him to do a lot of things.

In reining there are different levels of competition, from the very basic levels on up to world level competition. There's a place for every person and every horse. We just need to recognize where that horse's comfort level is. The time we run into damage is when we take a horse of average ability and try to make him great. You can't make a horse do anything, but you can allow him to do a lot of things.

HOW DO YOU EXPLAIN TO OTHER COMPETITORS ABOUT HOW PARELLI APPLIES TO THEIR SPORT?

I kind of compare it to someone learning to play golf. There's a lot of 'muscle memory' involved in learning sports. You have to learn the proper approach and technique, and once it becomes learned, it's second nature. You don't have to think about it anymore.

This is also applicable to horses and the maneuvers they do, because you're developing a muscle memory. With the addition of Parelli to foundation training, we've added 1-1/2 years to two years of learning before you can actually ride the horse. You can work with a very young foal, and then continue playing the Seven Games and teaching ground skills when he's a weanling and yearling. This creates muscle memory and gives the horse information that will take the pressure off him as he develops and learns.

Our sport has programs for young horses and now instead of taking two years to get a horse to competition level, we've added teaching time at the beginning. This is time prior to riding that we have been missing all these years.

Now we can apply concepts that lead to incredible development of the horse without causing any physical problems, because what you're working on in these early stages are the mental, emotional and spiri-

tual sides of the horse. These concepts require some physical effort, but they aren't weight bearing for the horse. Basically, you're just being around the horse and working with him. 🐾

**Pat Parelli and Craig Johnson
are co-teaching two Reining Super Camps
in 2005:**

**February 13-18 at the Pat Parelli Center in
Ocala, Florida**

**July 10-19 at the Pat Parelli Center in
Pagosa Springs, Colorado**

**For more information, visit
www.parelli.com or call 800/642-3335.**



FREESTYLE: JUMPING BARRELS

Set-up: four Barrels, 45' Line or Measuring Tape & Chalk (Mark a 90' diameter circle. Place four barrels on their sides end to end across the center of the circle.)

Equipment: Saddle & two Ostrich Feathers or Palm Fronds (the feathers/fronds are used in place of Carrot Sticks)

Goal: Jump the barrels, turn and face the barrels and then back up seven steps.

10 Points -

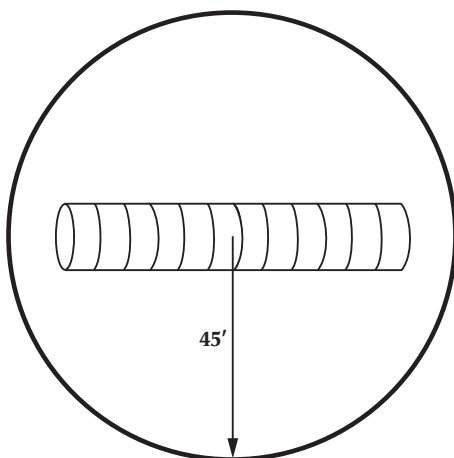
Jump two times each way

20 Points -

Jump four times each way

No points if:

- the horse steps outside the circle
- the horse does not back up seven steps



For those of you new to Parelli: Tournaments are a fun way to put your savvy to the test in a friendly competition. Tournaments are usually demonstrated at our biggest events like Savvy Conference and tour stops. Student and Instructor knowledge of the Seven Games in all Four Savvys is tested.

We've featured just a few of the tasks in each issue of Savvy Times. Visit parellisavvyclub.com for the complete Tournament booklet.

A Level 2 Journey

with Yvonne Wilcox



Escada came to me as a three-year-old "The Sky Is Falling!" BIG chicken.

I did not have a horse at the time, and offered to play with her for a friend who knew the only way Escada would improve was if she learned to play the Parelli way.

After just a few weeks with the Seven Games exposing the lovely personality beneath the

calmer, smarter, and definitely braver. She was very athletic from the get-go, but only in a right brain sort of way. Now she can be athletic and stay left brain. She's come so far that I'll even let my seven-year-old daughter play the Seven Games with her (supervised of course!).

Escada and I achieved Level 1 "unofficially" through the Level 1 Pocket Guide checklists. Our ground skills are great, but I'm not particularly confident riding her. I can feel there's

Student: Vonni [Yvonne Wilcox]
Horse: Escada [Kenlyn Muscata]
Age/Breed: 5-year-old Bay Arabian Mare
Levels achieved: Level 1 through self-assessment with the Level 1 Pocket Guides.
Levels Goal: To complete Levels 2 and 3 on the ground before trying to achieve Levels 2 and 3 in the saddle.

freaky prey animal, I was in love. I couldn't live without her... I made arrangements to buy her!

Long story short, she's come a LONG way. She's

still the possibility she'll shy at something unexpected and I could end up on the ground.

So I've made a very deliberate choice to not ride again until we complete Levels 2 and 3 on the ground in Pat's program. That way I can expose her to lots of different things, further increase her trust in me and my leadership, and not get on until I really feel like it.

So this is the Level 2 Log Book journey of Escada and Vonni, starting with our first sessions in *Pocket Guide 1, Stage 1*.

— Unfortunately our journey to now has taken much longer than it should have. I tend to go A.W.O.L. from my Pocket Guides sometimes. My hope is that you won't take the same detours I did – things go faster when you stick to the program!

Date & Hours	Activity	Level/ Lesson studied		Comments
10.10.03	Positive Reflexes	L2	Stage 1	Very excited to be starting Level 2!
	on Line			
10 min.	Extreme Friendly Game			- Need more sessions on this. Escada's response is conditional, not consistent.
10 min.	Win Porcupine Game			- Started to get a great response! Really helped to concentrate on only pressing hair as Phase 1. I realize I had been pressing skin/muscle as Phase 1.
10 min.	Win Driving Game			- Great response here too. She's responding much better to me using a real Phase 1. My Phase 1 had been more like Phase 2/3.
15 min.	Win Yo-Yo Game			- Getting better at a more effective Phase 4 for a snappier backup. She tried harder when I let her rest longer in between.

HORSE PROFILE 1

Date April 2002

Name Escada

Age 2.7 Breed Arab

Sex Mare Height 15h

Color Bay

Hours in Parelli None

Temperament
☐ Quiet
☐ Medium-hot
☒ Medium
☒ Hot

Spirit
☐ Low ☐ Medium ☒ High

Dominance factor with other horses
☐ Low ☒ Middle ☐ Alpha

Sensitivity
☐ Dull ☐ Low ☐ Med. ☒ High

Responsiveness
☒ Unresponsive ☐ Compliant
☐ Willing

Obedience
☒ Disobedient ☐ Obedient
☐ Highly obedient

Learning Ability
☐ Slow ☐ Medium ☒ Quick

Time spent with horses
 (months or years)
8 years on/off

HorsemanSHIP Experience Level
☐ Low ☒ Medium ☐ High

Problems

☒ Bites
☒ Strikes
☐ Cranky
☒ Bolts
☒ Bucks
☐ Jigs on Trail
☐ Won't Go
☒ Head throwing
☐ Lazy
☒ Crossing Water
☒ Narrow spaces
☒ Washing
☒ Handling feet
☒ Pulls Back
☒ Resists bit
☒ Bridling

☒ Kicks
☒ Aggressive
☒ Runs away
☐ Rears
☒ Herd Bound
☒ Can't Stop
☒ Pulls on bit
☒ Over excitable
☒ Trailer loading
☐ Avoids jumps
☒ Hosing
☒ Grooming
☒ Shoeing
☒ Can't stand still
☐ Cinchy
☐ Saddling

Impulsion

☐ Under impulsive (short)
☐ Medium ☒ Impulsive (long)

Stable Imbalances (vices)

☐ Cribbing ☐ Weaving ☐ Pacing
☐ Kicking ☐ Lip Popping
☐ Other:

Parelli Level Achieved

☐ Official ☐ Unofficial
 Level 1 Level 2 Level 3
 On Line ☐ ☐ ☐
 Liberty ☐ ☐ ☐
 FreeStyle ☐ ☐ ☐
 Finesse ☐ ☐ ☐

STUDENT PROFILE 1

Name Vonni

Time in Parelli Program (approx. hours)
2 years on/off

Confidence Level

Low Medium High
 ground handling ☐ ☒ ☐
 riding saddled ☐ ☒ ☐
 riding bareback ☐ ☒ ☐
 riding with others ☐ ☒ ☐
 outside of arena ☐ ☒ ☐

Parelli Level Achieved

☒ Official ☐ Unofficial
 Level 1 Level 2 Level 3
 On Line ☒ ☐ ☐
 Liberty ☒ ☐ ☐
 FreeStyle ☒ ☐ ☐
 Finesse ☒ ☐ ☐

Our first profile was a little scary when it came to temperament and Problems

HORSE PROFILE 2

Date April 2004

Name Escada

Age 4.7 Breed Arab

Sex Mare Height 15h

Color Bay

Hours in Parelli 2 yrs

Temperament
☐ Quiet ☒ Medium
☐ Medium-hot ☐ Hot

Spirit
☐ Low ☐ Medium ☒ High

Dominance factor with other horses
☐ Low ☒ Middle ☐ Alpha

Sensitivity
☐ Dull ☐ Low ☐ Med. ☒ High

Responsiveness
☐ Unresponsive ☐ Compliant
☒ Willing

Obedience
☐ Disobedient ☐ Obedient
☒ Highly obedient

Learning Ability
☐ Slow ☐ Medium ☒ Quick

Time spent with horses
 (months or years)
10 years on/off

HorsemanSHIP Experience Level
☐ Low ☒ Medium ☐ High

Problems

☐ Bites
☐ Strikes
☐ Cranky
☐ Bolts
☐ Bucks
☐ Jigs on Trail
☐ Won't Go
☐ Head throwing
☐ Lazy
☐ Crossing Water
☐ Narrow spaces
☐ Washing
☐ Handling feet
☐ Pulls Back
☐ Resists bit
☐ Bridling

☐ Kicks
☐ Aggressive
☐ Runs away
☐ Rears
☒ Herd Bound
☐ Can't Stop
☐ Pulls on bit
☐ Over excitable
☐ Trailer loading
☐ Avoids jumps
☐ Hosing
☐ Grooming
☒ Shoeing
☐ Can't stand still
☐ Cinchy
☐ Saddling

Impulsion

☐ Under impulsive (short)
☒ Medium ☐ Impulsive (long)

Stable Imbalances (vices)

☐ Cribbing ☐ Weaving ☐ Pacing
☐ Kicking ☐ Lip Popping
☐ Other:

Parelli Level Achieved

☐ Official ☒ Unofficial
 Level 1 Level 2 Level 3
 On Line ☒ ☐ ☐
 Liberty ☒ ☐ ☐
 FreeStyle ☒ ☐ ☐
 Finesse ☒ ☐ ☐

Confidence Level

Low Medium High
 ground handling ☐ ☐ ☒
 riding saddled ☐ ☒ ☐
 riding bareback ☐ ☐ ☒
 riding with others ☐ ☒ ☐
 outside of arena ☐ ☒ ☐

Parelli Level Achieved

☒ Official ☐ Unofficial
 Level 1 Level 2 Level 3
 On Line ☒ ☐ ☐
 Liberty ☒ ☐ ☐
 FreeStyle ☒ ☐ ☐
 Finesse ☒ ☐ ☐

STUDENT PROFILE 2

Name Vonni

Time in Parelli Program (approx. hours)
4 years on/off

I'm excited to see how much progress we've made!

A Level 2 Journey Q&A

Do you think your sense of progress would have been different if you had been officially assessed rather than self-assessed?

I found self-assessing in Level 1 easy because I had really absorbed myself in the materials and knew what was expected. I had also done an official Level 1 assessment two years prior with a different horse. As the art director for Parelli, I had poured over the original video tapes and Level 1 pocketguides in the production process. I had watched Pat Parelli over and over again in the videos, which really helped; I knew what the final product should look like. *(If I'd been able to view the Level 1 Assessment included in the new Level 1 pack it would've been even easier!)*

You talk about choosing not to ride Escada again until you complete Levels 2 and 3 on the ground. What made you decide to proceed with higher levels on the ground before completing Level 1?

I've been exposed enough to Linda and Pat now to know that staying with Level 1 ground skills is a recipe for a bored horse! I knew I had to keep progressing on the ground even if my riding skills with Escada were still in Level 1.

The choice to not ride again before we had Level 3 ground skills was brought about by a scary experience I had this summer.

I had ridden Escada twice during the summer and she was really good. Weeks went by, and because those two riding experiences were great, I had it in my mind that "riding her is great now..." So I decided I wanted to ride again, and spent 20 minutes on the Seven Games, then got on. Escada became "happy footed," and the farther we went, the more she would speed up and become tighter and tighter. I didn't want to recognize the signs, and let her trot and canter as though I was a carefree kid. As she got more and more wound up, she put her head down and started bucking. Thank goodness for the one rein bend and power position. She knew the drill and stopped. But every time we'd start off again she'd start bucking, I'd bend her, and she'd stop. We did this all the way home.

After this I went into great self-doubt, "I

shouldn't own this horse. She's too much for me. What was I thinking..."

The next morning, with some clarity under my belt, I began to look at the positive things that happened. She responded really well to the one rein bend! Sitting on my balance point helped me stay on! But what really went wrong? I thought back to the two times I rode her that went so well. I thought some more. Then I realized that those two times I rode her was after playing on the ground for a whole day at a Level 2 clinic! (Embarrassing realization, but true.)

It was then I decided that if I took her and my skills to Level 3 on the ground before riding again, I'd feel safer. I'd know how to really warm up on the ground so riding wouldn't be so unpredictable. "Warm up strong, ride soft," as Linda puts it.

What do you consider an "extreme" Friendly Game? And what is the difference between her "conditional" response and a "consistent" response?

Extreme Friendly Games are in the beginning of the Level 2 program; they desensitize the horse to varying degrees of rhythmic motion. When I play extreme friendly games with the Carrot Stick and String, Escada gets scared sometimes, and sometimes she doesn't — so she isn't consistent in her response. Therefore I realized she isn't completely desensitized and confident yet. Now when I play with her, we play the "extreme" Friendly Game every time.

When you talked about winning the Porcupine Game, you said you realized you had been pressing the skin/muscle as Phase 1, not the hair. What was Escada's response?

This is one of the big "aha!" moments when you go from Level 1 into Level 2. In Level 1, I was happy if Escada just moved her feet at all for the Porcupine Game! In Level 2, Pat wants us to look for a lighter response.

When I really concentrated on just pressing her hair as Phase 1, I realized I had never done that before. I had been pressing too hard as my Phase 1. When I got it right, pressing only her HAIR as Phase 1, her atti-

tude toward me changed a lot. She really looked like she appreciated the politeness.

How did you discover what a real Phase 1 was? Did it escape you in Level 1?

In Level 1, I was just going through the motions, doing the best I could to get some kind of response. I was always ready with the Carrot Stick, which meant I wasn't really trusting she'd respond!

In Level 2, I'm learning to control my Carrot Stick; it only leaves the ground if it really needs to. So I have a polite Phase 1, and a serious Phase 4 which is what makes Phase 1 meaningful.

You talk about getting snappier Yo-Yo Game back-ups when you use Phase 4. How many tries at lower phases did you use before resorting to Phase 4? Should you have been better at Level 1 and are now having to use Phase 4 because you didn't do your homework in Level 1?

Escada was great at Level 1 Yo-Yo. I'd give her a 3-second opportunity at each phase until she backed up. But she'd wait for the higher phases almost every time.

Level 2 teaches you how to get a better response at Phase 1. So the program says to give a long Phase 1, and if you don't get a response, then go to a quick Phase 2, 3, 4. You can't do this in Level 1 because you're learning the skills to prepare you for this.

Aren't you disappointed about the choice to not ride for a while?

I'm not disappointed that I'm not riding. As a kid all I did was ride; I thought that was the only reason people owned horses!

I'm looking forward to the day I ride Escada again, but more importantly, I'm looking forward to the day I ride her safely. I'm not any less motivated about the program; in fact, I'm thrilled to be heading for Level 3 ground skills.

Actually, I'm excited about my choice to not ride right now. On the ground, I can absorb the beauty of watching the whole horse, her movement, her magnificence. When I ride, I only get to look at the back of her ears! 🐾

Dear Linda,

It has been over a month since I returned from the Savvy Conference with *Parelli Essentials*.

WOW! It is all that you said it would be and more. My ears perked up when you mentioned that you could have the best hay, the best pasture, the best supplements and still your horse would not be gaining any benefit from its food if the digestive system is out of balance.

I have three horses:

(1) A rescued, handsome 26-year-old Thoroughbred racing horse, a grandnephew of Sea Biscuit, who was in very poor condition. He was underweight and moved with difficulty, though you could see that he was once graceful and light on his feet. Oh, those poor feet! The frog sloughed away and the sole just crumbled. One hind leg was chronically stocked up. His urine had an awful odor and was very viscous. It was clear that he wanted to feel better but just couldn't do it.

(2) A lovely 12-year-old Lipizzan with mysterious flare-ups of mild laminitis, a problem with obesity, and another mysterious behavior that indicates perhaps an injury in her sacral joint. All conditions have kept me from getting very far into Level 2 because of her inability to canter more than five strides at a time. She was a sloth and reluctant to move very much even when she was not sore. She has had chiropractic work, cranial sacral work, equine massage, as well as conventional medicine to help her. I was just becoming more informed on EMS (Equine Metabolic Syndrome), previously identified as IR (Insulin Resistance). I had read enough to figure that my mare fit the guidelines for the condition and now what do I do? I made two monumental changes to her daily routine. I bought a grazing muzzle for her to wear in our well-kept pasture and I put her on *Essentials*.

(3) A five-year-old Lipizzan mare with frequent episodes of mild colic and a dull coat.

Each horse has shown improvement from about the fourth day of receiving

Essentials. Time will tell for sure with the colicky mare, but I have confidence that *Essentials* is doing exactly what you said it would: Help the horse's own body chemistry improve.

My 12-year-old now canters at the slightest suggestion. She is bright and energetic and her trot is perky and light instead of doggy and slow. She is trimming down to a lovely shape, moves quite freely and acts as though she is quite proud of herself. Her lovely personality is back and she shines all over. She doesn't mind wearing the pasture muzzle and seems happy to be out in the pasture with the other horses.

Our rescue horse is gorgeous. Every once in a while he will canter or trot. It is poetry in motion to watch him. He has many past leg injuries, and we try not to encourage him to move this way. But it tells me that he sure is feeling so much better. The chronic stocking-up seems to show up for only a little while now and then. His urine now has properties expected in a healthy discharge. His hooves are coming along beautifully; a nice frog is developing and his sole is of a much healthier texture. He can stand very comfortably now while being trimmed.

I give credit to all these changes to *Essentials*. I don't plan on being without it in the future. My equine chiropractor presented a similar product to me that he endorses. I, in turn, gave him an *Essentials* pamphlet to look over. He was pleased with the ingredients and felt that your product was a great choice for these three horses.

The fact that *Essentials* is all natural and herbal is important to me. I treat my own body this same way and am thrilled that there is a product of such quality available for my equine friends.

Linda, thank you for your diligence in supporting the horse and its well-being. This is a wonderful product. And, you are correct — I will be saving money by not having to search for this or that supplement to fix a problem.

Gratefully, Leslie Olson


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